Castleton Spartan

CASTLETON UNIVERSITY'S STUDENT NEWSPAPER

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The "Big O" is gone but not forgotten

SARA NOVENSTERN / CASTLETON SPARTAN

A cross on North Road marks the spot where student Owen Iannotti died in a car accident on June 11.

By Callie Ginter
Castleton Spartan

The tarnished, worn-out silver bracelet around her wrist is more than a jewelry accessory; it is a reminder, a symbol for a friend.

"I wear this bracelet for him. It's a cross with an 'O' on it … it's already starting to wear because I never take it off," said senior Coral Torelli.

On Thursday, June 11, 23-year-old Owen Iannotti died in a car accident on North Road in Castleton.

Iannotti's accident is a permanent scar for countless people who knew him. But when Castleton friends hear the name, "Owen" they smile, not only because he is deeply missed, but because of what he is remembered for.

"Being a generous person and his goofy laugh and smile," 2015 graduate Lindsay Holmes said when asked what she remembers most about him. "He could always light up a room with that smile."

She also described him as, "generous, protective and loyal."

Senior Tucker Stone called him "a genuine person."

"He was, and will be remembered as a genuinely kind and fun loving guy. He was out to live life to fullest possible manner and he was open to taking others along with him," said Stone. "I still remember how he went out of his way to be personable and introduce himself with a friendly dap handshake on one of those first few days in a new house and new school. It's an unfortunately rare trait in a society where acceptance is an inherited or bought item. Genuine kindness is my fondest memory of him."

Torelli also talked about his kindness to all and loyalty to friends.

"He always made sure there was nothing to worry about … he just wanted everybody to be happy," she said.

Many of his roommates and football teammates respectfully declined an interview because the subject is still an open wound.

"I'm not sure if I want to do it. It's still a touchy subject," said one of his best friends, Tanner Darwell, over a message.

Darwell got a tattoo of a lion on his chest, close to his heart, because Iannotti loved lions. The tattoo reads: "I define myself." Darwell also posted the tattoo on Facebook where he commented, "The past two months haven't been easy. I'll never understand death, or why it was O that had to go, but life has definitely been put into perspective. It's all about how you live that makes all the difference. Rest easy O."

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We are now a university

But what does the new designation mean to students and faculty?

By Karsen Woods
Castleton Spartan

For more than 250 years, Castleton State College has evolved from Vermont's first college to a Vermont state of mind. The name – and it's abbreviation CSC – is scored in hearts, chants, cheers and memories, making this summer's' reveal an even greater milestone.

On July 23, a shock wave of news sent Spartans, past and present, into a frenzy of excitement as "Castleton University" was welcomed into our vocabulary.

Katye Munger, director of digital media at CU, offered some unbelievable statistics about the online traffic patterns on the day of the announcement.

There were over 40,000 interactions via Facebook; 2,000 likes, comments and shares combined via Facebook; 475 Castleton University link clicks via Twitter; 65,000 mention reaches (@CastletonEdu) via Twitter, and a 600 percent increase in new visitors on Castleton.edu the day of the announcement

According to Munger, the interactivity and social media engagement continues to be high since that day, as does the conversation around campus, and beyond.

Mikaela Delia, who graduated last May, reflected on what she thought was most important in this conversation,

"I think one thing's for sure – if it continues to have that CSC feel, it'll maintain the uniqueness that it has always had regardless of its name," she said.

Losing the often-mentioned "Castleton way" is something that many people fear as the school transitions to larger classes, a more vast campus and acquires a university reputation.

But Stephine Woods, a Castleton student from 2007 to 2010, reflected on a common denominator between Castleton faculty and students: a fear that the new name might change it all.

"When I went there, everyone knew everyone … When I went to the University of Buffalo, I felt lost and not connected to my teachers," she said.

Stephanie Wilson, assistant professor of communication and 1995 CSC graduate, also spoke about the importance in maintaining the character of Castleton.

"We (now) have the faculty, courses and innovation to step it up," she said. "Back then we didn't know how to define it; we knew there were special people here, we knew the professors worked extra hard ... but it wasn't defined. We didn't have a Dave Wolk to say that 'this is the 'Castleton Way' and to make sure everyone understands it, and everyone follows along."

Wolk, when confronted with Wilson's claim, responded humbly.

"It never would've happened without the extended family that is Castleton, and how far we've come," he said.

According to Wolk, the change to Castleton University has been organic.

"All the stars were in alignment," he continued.

He explained the modernization is meant to reflect who we are,

"Students might have a broader, more evolved and mature concept of who they are and aspire to be. It is almost as if the evolution of Castleton to the next phase mirrors the evolution of students ... thinking differently about themselves and their futures, opening lots of doors that might otherwise not be there," he said.

Wolk also assured that Castleton will maintain its community values with a familiar code of conduct: Small University, Big Hearts.

To continue the University's growth, some anticipated changes in upcoming years include a second art gallery in the expansion of Castleton Downtown in Rutland, growing possibility of student housing and campus centers also in downtown Rutland, regular and reliable transportation from Castleton campus to Rutland (town and city), the Spartan indoor sports dome, and exponential growth between the Castleton Fine Arts Center and Paramount Theaters.

The intention: Castleton University will utilize neighboring communities to create a learning laboratory, Wolk said.

With this change, students at other Vermont colleges said there might be opportunities for them too.

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MIKE DAVIS / CASTLETON SPARTAN

State workers replace the Castleton State College sign on Route 4 with a Castleton University sign.

WILLIAM CHMIELEWSKI / CASTLETON SPARTAN

Spartan Stadium welcomes the first freshman class of Castleton University.

Send us your photos!

MARCO LAM / CASTLETON SPARTAN

Freshman Marco Lam captured this photograph while taking a run on the Rail Trail. Interested in photography? Send what you think would be the next, 'Photo of the week,' to thespartan@castleton.edu to see your picture in the newspaper.

University and town working together

By Jadie Dow
Castleton Spartan

Castleton is a quaint little town. The bakeries, general store, diner and churches add to the old Vermont feel that many people crave. It's peaceful and it's understandable why it attracts people of many different age groups.

It's not until the weekend nights that things change. College students go to parties off campus and sometimes have a disregard for other people who live in the town. Unfortunately for most of the students at Castleton University, it is only a select few who ruin it for the rest of them.

Residents of Castleton have had some major issues with these few people in the past, and it is important for some of them that the relationship between the town and CU improves because without the money coming in from CU, the town would likely have financial struggles.

"We are working with the college to build relationships with the students, and we're hoping the community members will take advantage of this, because we like having the college here," Martha Molnar, a member of the community, said at the part-time job fair at Castleton University on Sept. 8.

Chrispin White, the director of the Robert T. Stafford Center for the Support and Study of Community at CU, had a lot to say on the matter.

"We're improving. It's important to keep the lines of communication open between the town and the college, because it's best when we come together and share ideas," White said. "We're trying to create opportunities where students can meet the residents of the town."

A committee has met three times to create a panel of townspeople for the students to come talk to and get to know.

"I would definitely go to that. I think it would be good for the town to know that not all of us are throwing cans on their lawns and drunkenly screaming on the weekends," junior Lacy Parmenter said.

But some say they already do know that.

"Ideally we would be able to eliminate some of the bad behavior. It gives the good students a bad rap," said resident Sue Day.

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Fresh Perspective

Move-in day for freshmen was a very unique, overwhelming experience. A variety of emotions arose inside of me. Coming from Georgia, I was completely alone, knowing nobody aside from those I've met at registration. I couldn't help but have the sinking question, "How am I going to fit in?" This question became easier to answer as my time here went on.

Orientation weekend was a struggle for me, as I am naturally shy. Things took a turn for the better at the dinner at the President's house when I randomly went up to two people and introduced myself. This is not a normal thing for me, but it turned out to be the reason why I am enjoying myself here.

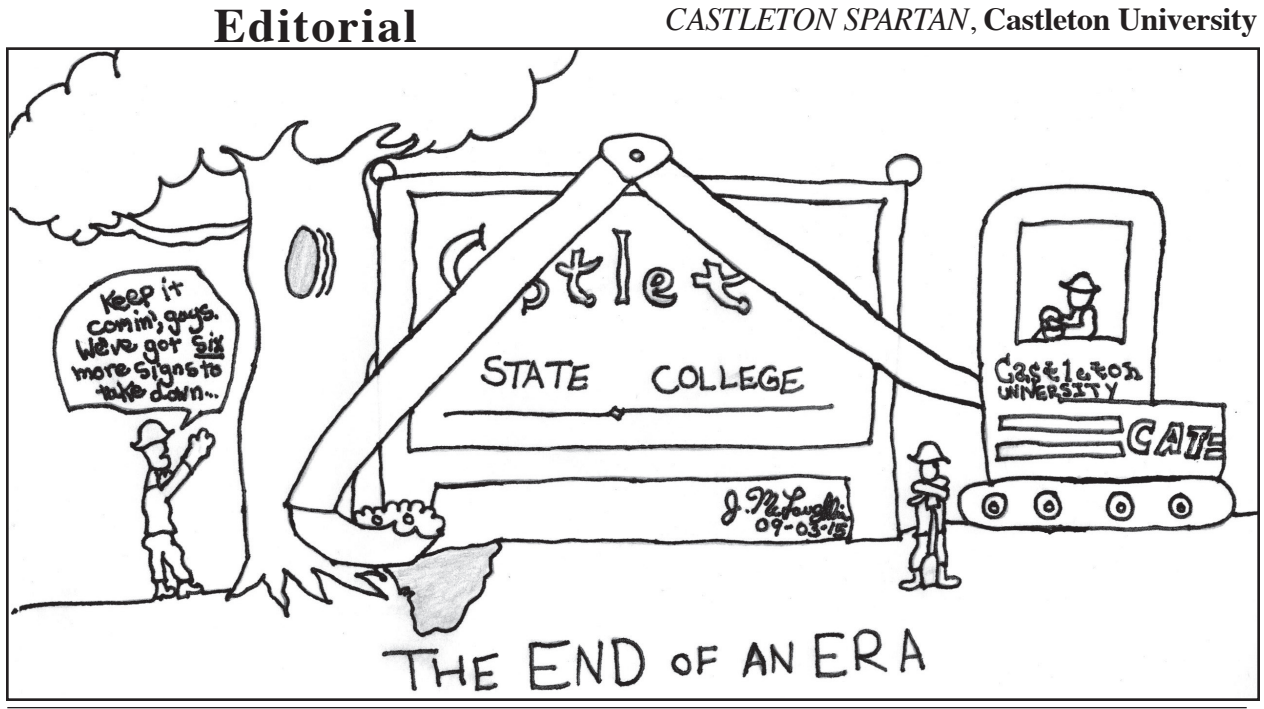
The friends I made at that dinner are the ones who introduced me to the group of friends I have now, and I realize that's all it takes. The sinking question about how you'll fit in, or if you'll make friends can truly be answered with one introduction.

The college anxiety of starting new classes and meeting new people drifted away as I started to meet people who I click well with. When I first came here, I was excited for classes to start, and was even excited to find an excuse to sit in my dorm doing homework. I thought that would be the only part of college. I'm glad to say, I was wrong. Now, I'm excited to have free time to spend with the people that make me happy. I'm excited to do new things with the friends I have made.

What I'm trying to say, is life here is what you make of it. If I'd never introduced myself at the dinner, I may be alone in my dorm more often, and I would definitely feel a lot lonelier. You can choose to have a positive attitude, and try to make life here positive, or you can choose to focus on the down-sides of college, and let it ruin your time.

The fact is, college isn't perfect, but it's not as bad as I first thought. Money is hard here, the daily 8 a.m.'s are dreadful and the days where you don't end class until after 5 p.m. aren't any better. Feeling lost and confused and always having to ask questions that seem obvious is another challenge. However, if you weigh those with the newly found freedom you earn here and the social perks of living on-campus, college isn't so bad.

-Kyle McCarthy


Keep it comin', guys. We've got six more signs to take down...
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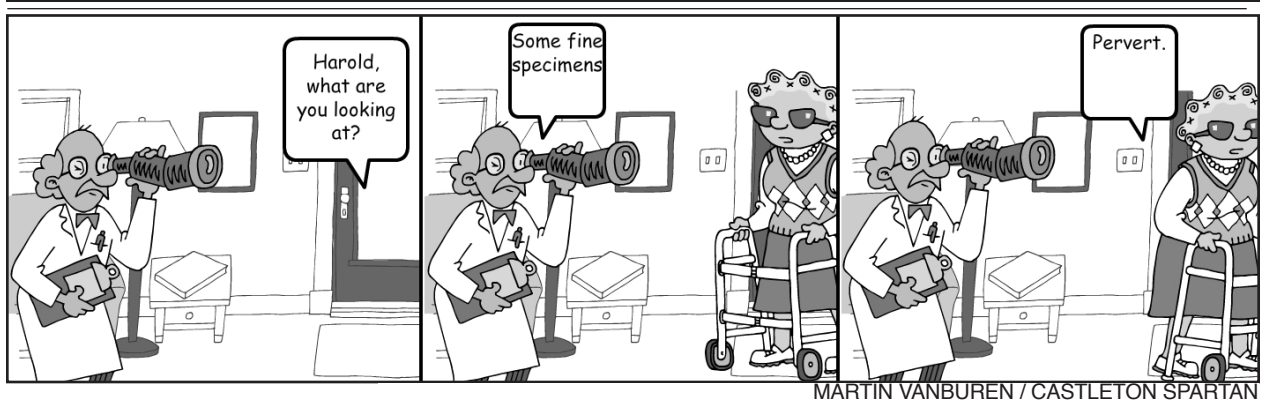

MARTIN VANBUREN / CASTLETON SPARTAN

Beware because Bernie will only grow government

Before we vote (or, better yet, don't vote) for a 'democratic socialist,' like U.S. Sen. Bernie Sanders, we should understand what Socialism is.

Socialism is defined as a kind of system whereby the means of production and distribution are owned and operated by the community.

The Republican Party insists that government attempts to fight unemployment and poverty, to bolster basic standards of life and labor and to ensure fair and sane methods of business competition, is Socialism. Liberals and democrats say it's not, and they are correct – except that every degree to which the government controls the means of production and distribution hints at socialism.

Social Democracy is basically a socialist system of government achieved by democratic means.

So here comes Senator Sanders, who has spent 30 years of his political career as an open, self-described Socialist.

It is a real muddle, to be sure. Never before in our history has the line between liberalism and State Socialism been so blurred.

Adding to the muddle is that after years of calling himself a socialist, Sanders now calls himself a 'Social Democrat' so he can run with the Democratic Party. He actually believes he can trick us into forgetting the word 'socialist' and accepting the more palatable 'social democrat.'

In fairness, Sanders is one of the most honest and consistent politicians around. His views may have changed a bit from time to time, but not his central motivation. And whatever you may think of his policies, there is an easy way to find out what they are: He will tell you.

Also, he is correct about many issues: As early as June 1997, he criticized property taxes as taking a proportionally greater amount from those with lower incomes, senior citizens, and the poor.

Last February, he openly called President Obama's bank bailouts "socialism for the rich." He is correct.

Last March, he said that corporate political spending does not fall under First Amendment protection. He is correct.

He is also correct about the environment. In May of 2007, he advocated factoring global warming into federal project planning. A month later, he voted to make oil-producing and exporting cartels illegal and to remove oil and gas exploration subsidies.

As recently as April 2011, he voted for allowing the EPA to regulate greenhouse gases.

The problem is that Sanders is like a doctor who is excellent at identification of the nature of an illness, but only has one bottle of pills. And that bottle of pills is government intervention in the personal and private lives of our citizenry.

Beyond a certain point, government intervention does not help. As the government controls more and more of the economy, it basically becomes impossible to succeed without government favors. You need to win a tax break, get a subsidy, or some other backroom favor. You have to be on speaking terms with all the senators and their aides and the heads of bureaus.

And who can do that? Not you or me. It is the very 1 percent that Sanders describes.

Sanders has made his views popular not through appeals to courage, tolerance, or compassion, but rather through prejudice against the wealthy. He has said, again and again, that the wealthy don't pay 'their fair share of taxes.' True. But what is his solution? A 90 percent tax rate on income for everyone making a certain amount? I don't believe that is ever justified, but Sanders has convinced supporters that money is "theirs," stolen from them by rich crooks.

If elected, Sanders will set up countless new offices and bureaus, each one more unhelpful and expensive than the last, fill them up with loud-mouthed partisans, send out swarms of investigators to harass our citizenry, destroy the morale of our people, and make them dependent upon the government.

-Jack Workman

Bernie is a likeable man

Last fall, Senator Bernie Sanders was seen at a Castleton football game playing catch with children, talking to adults and cheering on the Spartans. The crowd buzzed with the speculation he might be running for president in 2016, but at the time he was a relatively unknown senator from Vermont.

Even when he declared his candidacy this spring, he was regarded as a longshot for the nomination with just a small following of liberal college students and democratic socialists. Now, not even a year later, Sanders has taken over Hillary Clinton in both Iowa and New Hampshire polls and "Feel the Bern" stickers are plastered on cars across the nation. While the primaries are still several months away, Bernie has a real shot at winning the nomination and even a chance at becoming the second US president from Vermont.

The cool thing about Bernie is that you don't have to agree with all of his plans to like him. He's got a lot of extreme ideas, but they are mostly for the public good. He wants to make tuition to public colleges and universities free. Yes, please. He supports marriage equality. So do most Americans, and now the Supreme Court. And he's not some corporate puppet or distant politician. He's a Vermonter who talks with his supporters, cares about the people and want to give Americans what they need, not just what he or the top one percent want.

Bernie is also a man of his word. Some of his economic policies might be a little outrageous, but I can put that aside for the idea of a president who is honest and real. Someone who isn't controlled by corporate giants and changes his point of view every time someone gets offended. He marched for civil rights in college proving he's been supporting equality since before equality was cool. Bernie also supports Veteran's affairs and sought in congress to fund health programs for veterans.

I'm not a die-hard Bernie supporter. I'm not even from Vermont. But I think America needs a president who they can relate to. We need someone who cares about our education, and our health care and our paychecks. Realistically, no candidate does everything they promise while campaigning. You might not agree with everything Bernie says, but honestly, he probably won't get everything he says passed through congress if elected. He will, however, remain a man who cares and fights for the people. After all, isn't it more important to like the person and their values than to agree with every word they say?

-Catherine Twing

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Names are funny business

Growing up, I had a nickname. My parents called me this from birth, and everyone else followed suit. It wasn't until I reached my twenties that I realized I preferred my real name and began using it. Nowadays, whenever I hear my nickname, I know it's someone from my past.

Sometimes names and shorter forms (nicknames and abbreviations) can work the other way around. I have only written Castleton State College on a syllabus or a recommendation, but I have frequently used CSC on the calendar or in notes to others or to myself. At other times you may run across similar abbreviations. For many years I taught at SVA, the School of Visual Arts in New York City, but for the past couple I have been involved with another SVA, Stone Valley Arts in Poultney. There have been moments when I will hear SVA and think of my ten o'clock class rather than a fundraiser.

This fall is the first time that this 228–year-old institution, which has previously undergone nine different name changes, will be called Castleton University. Will it be known as Castleton University or just plain Castleton? Do you suppose it will ever be called CU? (CU might make one think of Colorado University, or perhaps John Oliver repeatedly pointing his second and third fingers toward his own eyes and then out toward the audience.) It will be newsworthy to hear how you, the students, refer to your school. And at your graduation, be kind to those who are still calling your university something else.

- Burnham Holmes
Adjunct Professor
English Department

Is dating dying in favor of the one night stand?

By Shannon Fischer
Castleton Spartan

It's becoming increasingly common for college students to be hooking up with one another and leave the dating realm as background noise. Students say it's for a variety of reasons including that college is a breeding ground for hooking up because of the diverse people and new social circumstances.

Sudents like freshman Cammy Errington say the culture seems to be interconnected with technology. With technology today, people can easily seek out the types of relationships they desire.

"Apps like Tinder, Snapchat and Instagram, are contributing to hook up culture today. On these apps you can send pictures and private messages, and there are even apps specifically designed for hooking up. The technology we're surrounded by heavily impacts how people are hooking up," Errington said.

Some say hook-up culture has existed longer than we think and isn't any better or worse these days. Others disagree.

"I think hooking up has become the new cultural norm. Teenagers are moving away from relationships and hooking up more. We grow up in a world where when we go to college, we are supposed to live the 'college life' and a lot of teenagers explore that," said sophomore Bryan Vachereau.

On the other hand, freshman Kollin Witham believes hook-up culture has been reoccurring, and is now just becoming noticeable.

"I don't think that hooking up is considered a new cultural norm. People seem to have always been doing it and it sparks up during people's college career because it's the prime time to do it," he said. "Teenagers drink a lot. They want relief from stressful classes, and work and they're constantly around other people who are in the same boat as them."

While it may be more the norms these days, not all students feel it's a good thing. Freshman Jack Workman said it may be the easy way, but not the right way

"I don't agree with hook up culture because I believe that people should form strong emotional relationships before they form physical ones. Men do not stand to lose nearly as much as women do from sex. Therefore, chastity removes the gender imbalance, so that women may rise to their proper status alongside men. Promiscuous sex is often called 'adult', but part of being an adult is ethics before expediency. We should not hook-up because we feel that we owe it to any other person, "he said.

Jamie Bentley, Castleton University's coordinator of campus wellness services, and Amy Bremel, CHANGE coordinator, have good insight on the factors that contribute to this culture.

"It has always been a phenomenon over the years. Recently, however, it has taken over as the 'social norm' and there is social pressure to engage in this type of behavior," Bentley said. "We see over and over that students are more interested in forming connections and relationships than one-night stands, but feel the pressure to conform to social constructs. Students have shared that dating is desired."

It's important that students who decide to engage in hook-up culture are alert about the factors that contribute to hook-ups.

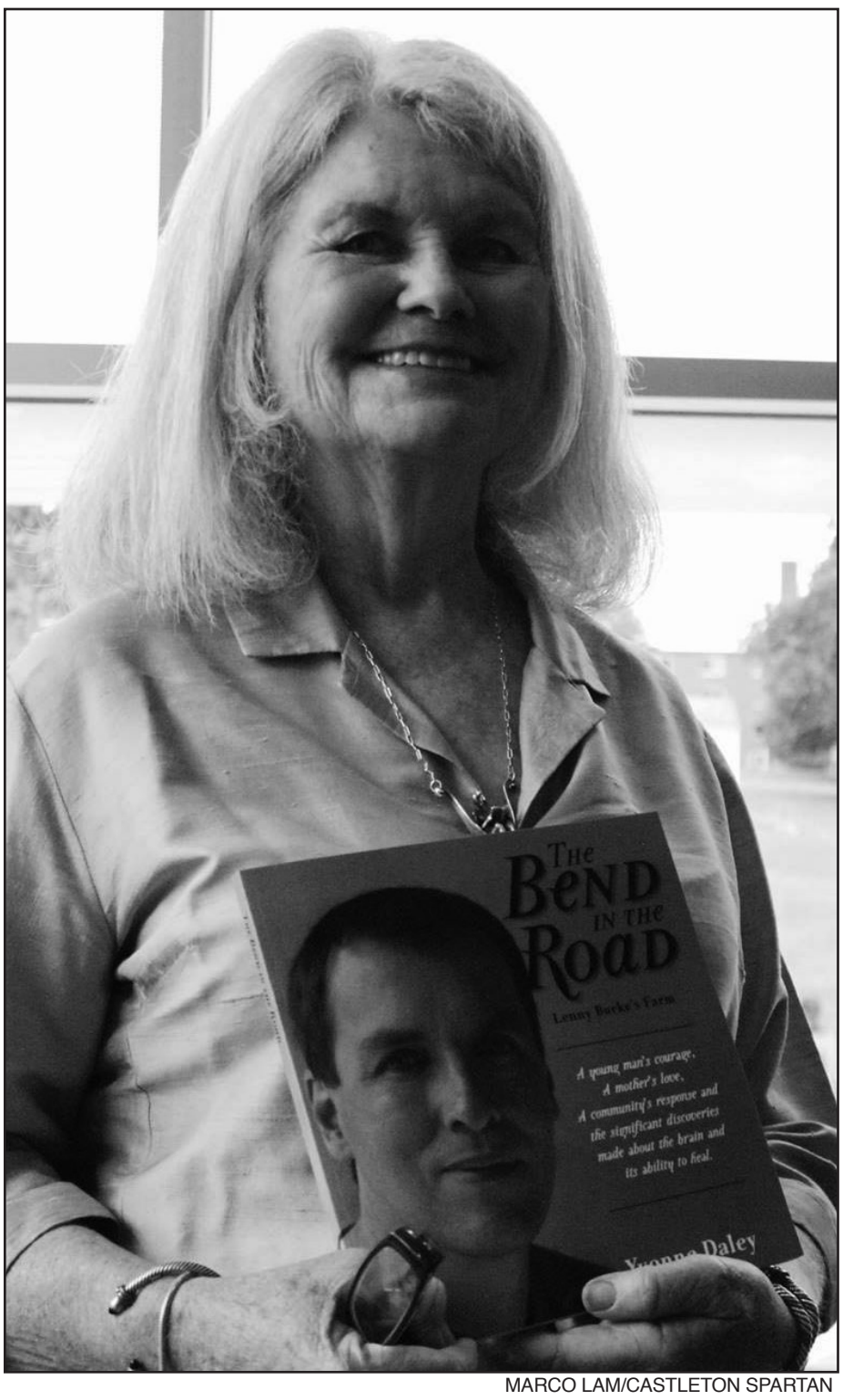
Bentley and Bremel note that factors include alcohol, social pressures, perceptions that everyone is doing it and that it's instant gratification, even though orgasm rates in hook-up culture are dismal for both men and women.

The hook-up culture also takes pressure off that person to ask someone out and then face potential rejection. We also believe that alcohol and drugs are used as an excuse for certain hook-up behavior. People will say "I didn't know what I was doing. I was so drunk or high."

Contrary to the myth there are no strings or emotions attached, we know that is not the truth for most sexually intimate encounters. In hook-up situations many people end up feeling hurt, rejected, ashamed or guilty."

PHOTO ILLUSTRATION BY SARA NOVENSTERN/CASTLETON SPARTAN

Author tells how tragedy led to inspiration



MARCO LAM/CASTLETON SPARTAN

Yvonne Daley holds up her book, "The Bend in the Road," at the Soundings event On Thursday, Sept. 10 in the 1787 Room.

By Callie Ginter
Castleton Sparran

When he leaped into the air toward the hoop, he was high school stud and superstar Lenny Burke. When he collapsed onto the floor bouncing his head off the court not once, but twice, he wasn't that 17-year old kid anymore.

People in the crowd were stunned, thinking he would be permanently brain damaged or even die.

But that day turned out to be a just a bend in the road for Burke, not the end of the road. And although he isn't a presence on the court anymore, he is perhaps a bigger presence in the lives of so many others.

Yvonne Daley came to Castleton University on Sept.10 to share Burke's story through her book, "The Bend in the Road." Daley is a nationally recognized author and journalist with five non-fiction books and countless articles. She is an expert in restorative journalism, creating stories that are character driven. For Daley's stories, she said she asks questions like, "How do we heal? How can we have prevented this? What can we learn from this? What can we change?"

Burke's story is a perfect example of restorative journalism, she said.

Daley used the projector to pull up a picture of a curly-haired, handsome, bright-eyed boy whose dream was to be on the Boston Celtics.

"Good lookin' kid, huh?" she asked the room full of students.

Daley told Burke's tragic story of how in January 1979 he was in the second period of his game playing for Mount Saint Joseph Academy and was going up for his signature layup. While in the air, a Mount Anthony player intentionally undercut him resulting in Burke landing on his head – hard.

"Pretty scary, isn't it?" asked Daley while showing a Rutland Herald picture of Burke right before impact.

The packed 1787 Room fell silent.

Castleton's President Wolk was the guidance counselor at MSJ at the time. He and his wife even temporarily moved into the Burke home to help the family with the other three children when Burke was in the hospital.

"A lot of friends were in and out of the house … We wanted to create a sense of normalcy for the other kids. We just tried to help out," said Wolk in a phone interview Friday.

Burke was in a coma for nearly 50 days and wasn't showing signs of progress. From days of researching, his mother Emma, "Emmie," knew just about as much if not more about brain injuries in the 1970s than most doctors, Daley said.

One evening, Daley said Burke's doctor, Peter Upton, admitted to thinking Burke was not going to make it through the night; his brain simply had too much pressure on it. The Burke family said their goodbyes to their son and took him off life support machines.

But he made it through the night and Emmie wasn't ready to let her son go.

"She had trust in her own common sense," Daley said.

She had read somewhere that the sense of smell was the last sense to go and was going to use familiar scents to pull her son from his coma.

She first hung his smelly basketball sneakers over his nose, then his favorite kind of pizza, then sprayed his girlfriends perfume. She jingled the coveted car keys above him and talked to him each day. His coach came before and after games to share team strategies. The community rallied together and money came in from all over the country. Even Celtics player Larry Bird became involved, Daley said.

Upton then performed surgery on Burke to relieve the pressure and was listening to Jack Healy live on the radio. People from all over the country were calling in making donations for Burke totaling nearly $100,000.

"You hear that Lenny? They're talking about you," said Upton.

"I hear that doc," said Lenny, stunning the doctor.

Students' mouths dropped open in awe.

But it gets better.

"What he told them was absolutely amazing," said Daley, who went on to say how Lenny spoke of seeing his grandfather, whom he'd never met, offering his nickname, Augie, and the fact that he had long hair.

"I remember that so well and it was 37 years ago … it' still a very vivid memory for me," said Wolk of Burke coming out of his coma.

Communication professor David Blow, who went to grade school with the Burke children, said he too remembers how the area was gripped by the tragedy and then elated at his unlikely return from the coma.

"But I also remember seeing him in the days after he awoke and feeling a little sad that he had transformed so much physically," he said. "We all looked up to him."

Today the Lenny Burke Farm in Wallingford, is a "homey-feeling" rehabilitation center for those who suffered serious head injuries and strokes. And it was Burke's idea to open it, Daley said. There, people from all over the country get the benefit of all the research started as a result of Burke's injuries and they truly transform in ways people thought weren't possible, Daley said.

Meredith, Buddy, "Jeep," Vanessa, Jim, and Jason were just a few residents of the farm Daley introduced and shared their stories detailing the major progress they've made.

"The clients help with the cooking, laundry, they have classes … they provide a residence where they can be part of the family … It's home for them," said Daley.

Burke, she said, works at the farm as an inspiration for so many of the clients. Daley said his primary role is his amazing "presence" and spirit.

Wolk said he still keeps in touch with Lenny and Emmie and is impressed with Lenny's long-term memory.

"He always recalls beating me 1 on 1 in basketball, which he did, and he recalls beating me on the golf course, which he did," Wolk admitted with a laugh.

Because of Lenny, Emmie and Dr. Ron Savage, the research that has been done in the field of head injuries has grown enormously, Daley said. Savage is now an international leading expert in the field of brain injury and credits his work to Lenny, according to an article called "Book Chronicles Rutland Man's Revolutionary Impact on Traumatic Brain Injury Research."

"What happened to him helped thousands of others," said Daley.

Wolk welcomes audience to Castleton University for the first time

By Catherine Twing
Castleton Spartan

A record number of students, staff and faculty packed into the familiar Casella Theater for convocation on Thursday, but instead of the usual State of the College Address, attendees heard Castleton's first ever State of the University Address.

"For many decades, if not centuries to come, welcome to Castleton University," proudly exclaimed Castleton President David Wolk in his opening remarks.

The Aug. 27 convocation also marked the first time a chancellor of the Vermont State Colleges has attended a convocation at the institution.

In his short speech, Chancellor Jeb Spaulding noted that on his way to campus he saw the road sign on Route 4 that once said "Castleton State College" was being changed.

Spaulding, on behalf of the VSC and the five colleges in the VSC system, applauded Castleton for this achievement, with special congratulations to Wolk.

"It's never about him, always about everyone else and recognizing their contributions," Spaulding said of Wolk.

In his speech, Wolk spoke of pride shared by all Spartans.

"Pride in our extended family, pride in our amazing students, pride in our exceptional faculty…pride in each other and pride in Castleton University," he said.

He assured the audience that regardless of name changes, Castleton will always embrace the personalized, relationship-based education students have come to know.

Something else that will not change is tuition, which will experience a freeze for this and the next academic year. The statement was met with overwhelming applause.

Some changes that will occur, however, are in Rutland. In the last year, Castleton has expanded further into the city with the Castleton Downtown office and gallery as well as the soon-to-come dome, according to Wolk.

Another change is the number of international students on campus. This year, the university will host over 54 students from 17 countries, 13 visiting scholars from China and many new-Americans from 18 different countries.

"We welcome all of you and embrace all of you, because we are family," Wolk said.

This international effort is assisted by the President's Council on Inclusive Excellence, which will host diversity workshops. An international film festival will also be held in October to promote inclusion and expose students to cultures from around the world.

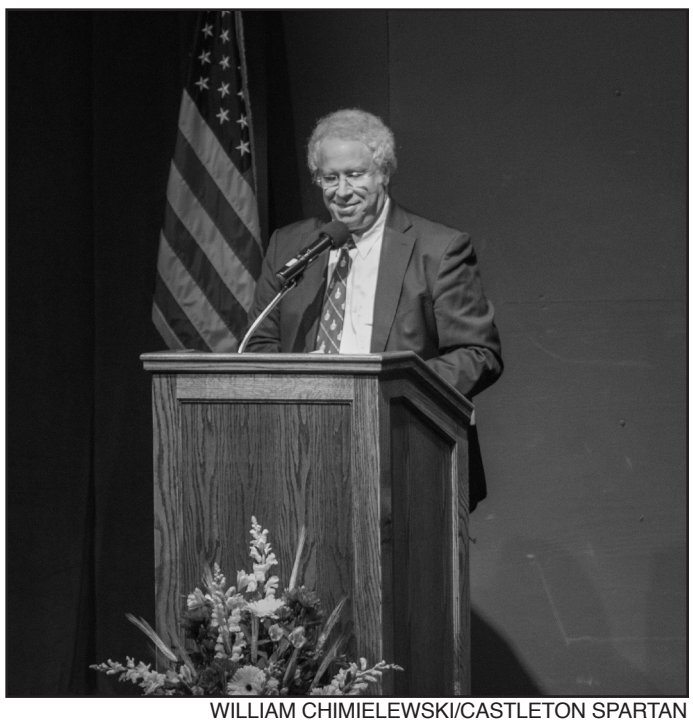
The University has also given over $3 million dollars in scholarships to make it possible for even more students to attend Castleton, according to Wolk.

During her short speech, President of the Faculty Assembly, Helen Mango, simply held up a sign saying "give" and "take" to give students a few reminders as they start the new semester.

"Give classes effort, give professors a chance, give blood," she said. "Take advantage of opportunities, take care of yourself, take pride in your education."

Commuter student of the semester Ken Stone, outstanding young alumni award recipient Mohamed Basha ('06) and outstanding alumni award recipient Susan Farrell ('69), were also all honored. Farrell, a professor in the nursing department, is the first individual to receive both the outstanding faculty and outstanding alumni award.

Wolk ended the ceremony by emphasizing that Castleton is not done growing, yet will continue with tradition as the small university with a big heart.



WILLIAM CHIMIELEWSKI/CASTLETON SPARTAN

President Dave Wolk smiles during the first convocation address as Castleton University. It was the largest number of attendees at convocation ever.

What's going on?

Heather Robinson
&
Christin Martin

Question: How has the change to a University affected you?

Dominic Stillwell
Sophomore

"I don't feel like there was a big change. Everything seems the same as last year except for the name."

Hillary Perry
Junior

"There hasn't been much of a change, but I think there will be a different reaction to a degree from a university. Future employers' perceptions will be different because we are a university instead of just a state college."

Katie Kloss
Senior

"I noticed professors seemed really excited about the name change and teaching at a university."

Kayla Moore
Junior

"I'm excited about earning a degree from a university. Otherwise, I haven't felt a big difference."

Matthieu Fortier
Senior

"It has affected me in the sense that it has put my education into a different frame. When a group of professionals decides that the work you are doing is as considerable as that done at university, you are likely to appreciate the opportunity differently and act accordingly."

Meet new professor Joel Lombard

By Sara Novenstern
Castleton Spartan

Joel Lombard recently went from being a Castleton alumnus to a Castleton University exercise science professor and the 2010 graduate couldn't be happier.

He spoke Friday about his exciting new role at his alma mater.

Q. What's it like to be back teaching where you used to be a student?

A. There's definitely a level of nostalgia, but its kind of cool to be on the other side. It's cool to be able to have a professional relationship with the professors that I had prior to my appointment here.

Q. When did it click that this is what you wanted your career to be?

A. I've wanted this job since I left. Three years ago the job opened up.

I think I was supposed to be here, I definitely think it was a God thing.

Q. What was your favorite class when you were a student here?

A. Biochemistry

Q. Now, what is your favorite class to teach and why?

A. Pathophysiology.

Q. Is that subject to change do you think?

A.I think next semester I'm going to teach molecular and cellular physiology and I'm excited to teach that one.

Q. What year was your most memorable year while being a student?

A. I'd say the transition from my junior year into my senior year. I took a really awesome internship and from there I just streamlined into my senior year.

Q. What was your internship?

A. I was a bio lab technician.

Q. What is your fondest memory when you were a student?

A. Uh, getting 100s on tests, just getting the test back and seeing that it all the work I put in was represented well. I guess academics was like my sport, tests were like game days."

Q. What are the biggest changes you've seen at CU since you were a student?

A. Hoff Hall is new. The, what's it called, pavilion. The tennis courts and all those facilities and skate park.

Q. What is something weird that people may not know about you?

A. I like canning.

Q. Who is your favorite artist?

A. Lindsey Stirling I guess is my top artist. She basically does classical music and she does it in sort of an electronic way, sort of like a mix of electronic and classical.

Q. What changes do you want to see in the department?

A. It would be great if I didn't have an office next to Brad (laughs as colleague Brad Coupe chimes in in the background) I would like to see a masters program in exercise science be developed.

Joel Lombard

Faucher loved the New Zealand way

By Carly Trombley
Castleton Spartan

Emma Faucher, a senior at Castleton University, spent her junior year studying in New Zealand with a three-week period in Australia.

"I still miss it every day and wish I could bring back time," she said.

Before going abroad, Faucher had spent her first two years studying psychology and communication at Castleton.

Although nervous about the trip, the decision to go was easy because she knew she couldn't pass up on such an amazing and beneficial opportunity.

"I definitely adjusted easier than most who studied abroad, but I think it's because I mentally prepared myself before leaving and I knew it'd be weird being so far away, but I wanted to take advantage of the short time I had doing so," she said.

Completely alone, Faucher made the journey to a country full of Kiwis, what the natives call New Zealanders.

Making friends and adjusting to the culture was easy, she said. The hardest part was when her cousin passed away back in the States, and she couldn't attend the service.

"I feel that experience helped me grow, though, because I truly learned that life goes on with or without you, unfortunately," she said.

The process of studying abroad is a blind one, she said. She didn't know whom she was going to be living with until she physically arrived at her apartment.

"I didn't even know their names," she said. "I found it easy to make friends with international students, but difficult to make friends with New Zealanders."

She said they are much more reserved than Americans are.

There were very few options for classes for international students at the university where she was studying.

"I kind of just went through Castleton courses and their courses and decided based on what sounded interesting," she said.

As it turns out, two of the classes that she took progressed her majors.

She took a psychology course, intro to anthropology, a religion course and a Maori culture and society course.

"The application process wasn't too bad. I think it was mainly stressful because I had a lot on my plate," she said, explaining how she was taking a difficult course a Castleton that didn't leave her a lot of free time.

"I had to pay $200 dollars for the application fee so that freaked me out because I kept thinking, 'what if I don't go and I lose $200!'" she said.

When she returned to the United States, she experienced what she called reverse culture shock.

"I was really glad to see people that I hadn't seen in a while, but I was mainly sad to not be living in New Zealand anymore," she said.

After spending so much time abroad, she had to learn how to live the American way again.

"Things so simple such as tax prices added on after, walking to the right side instead of the left, driving on the right side, getting used to hearing the American accent everywhere and even tipping!" she said.

Although there were feelings of homesickness, and pre-departure nervousness, Faucher regrets nothing about her year abroad.

"Honestly, I'd tell anyone it doesn't matter where you go to study abroad, just go! It's such an amazing experience and you learn so much, regardless of where you are," she said. "I learned a lot about the world, but I also learned a lot about myself and who I aspire to be."

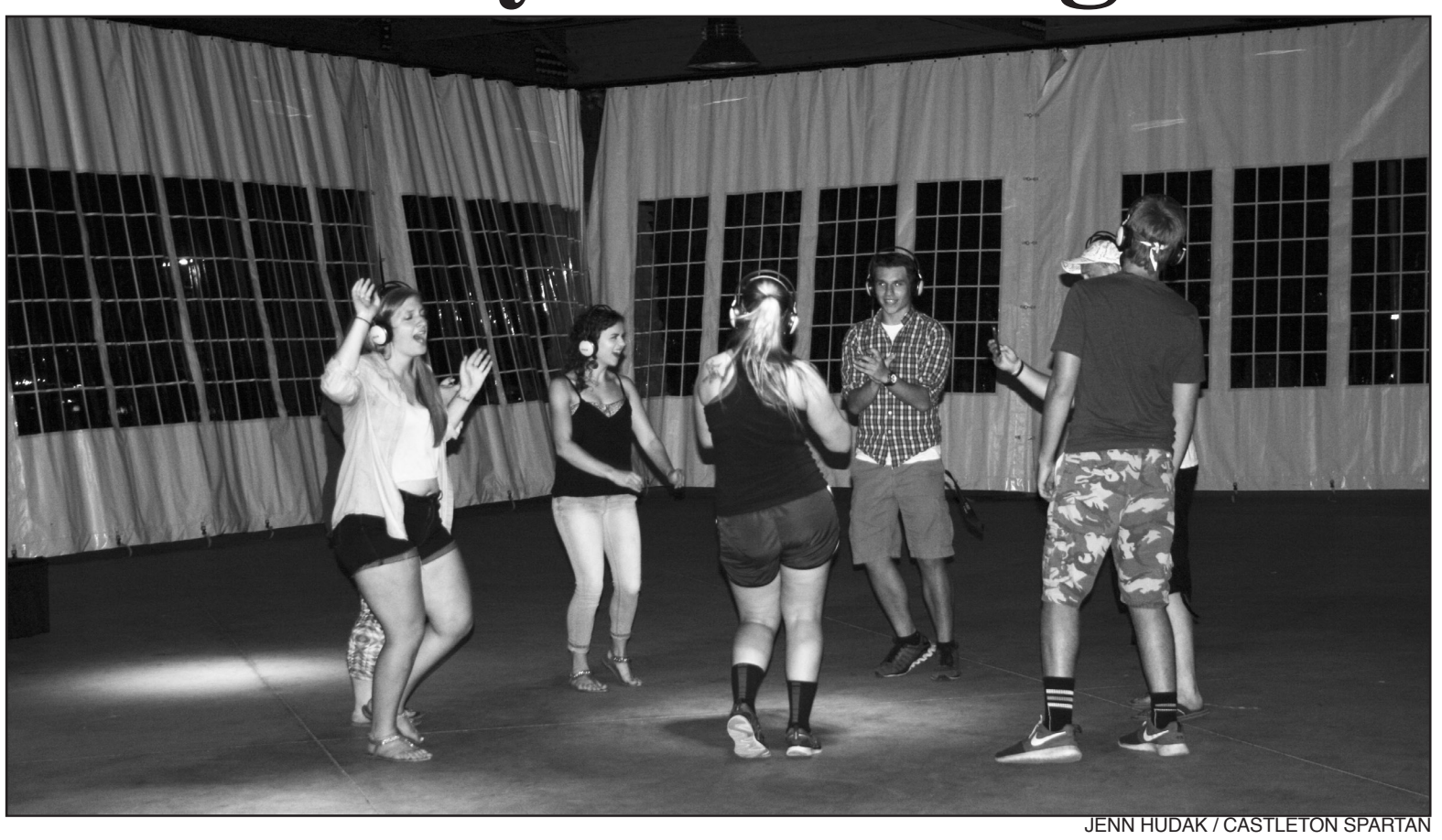
PHOTO CONTRIBUTED BY EMMA FAUCHER

Senior Emma Faucher makes the most of her abroad experience with a bungy jump.

PHOTO CONTRIBUTED BY EMMA FAUCHER

Faucher sits at the peak of a volcano during a hike.

Move to your own groove



JENN HUDAK / CASTLETON SPARTAN

Students dance to the music only they could hear during a headphone disco event the first weekend of the semster.

Weeknd's album fits with past but adds new flare

By Drew Herson
Castleton Spartan

"Beauty Behind the Madness," the Weeknd's second album, aims to fulfill the broken promises of his debut, "Kiss Land" by innovating the psychedelic R&B sound he pioneered on his breakthrough mix tape series four years ago.

The new album manages to capture the broad sound of that trilogy in one streamlined hour of new material. Abel Tesfaye, the creative power behind the Weeknd, is on his best behavior, treating his indulgent lifestyle with a lyrical ambiguity that propels bouncy '80s style single, "Can't Feel My Face" and string orchestrated movie single "Earned It," into prominent radio play.

The Weeknd has lightened up somewhat contrary to the mood of the cover. Tesfaye sounds satisfied, albeit self-absorbed on vintage Kanye production, "Tell Your Friends" and raps a chorus on "Often" that will sneak into DJ's sets at festivals for years to come.

Hit single, "The Hills" is the high-water mark though, pitting focused songwriting against nebulous song structure in an impressive four-minute tour de force.

There's plenty of material here for traditionalist fans too. "Acquainted" and "Shameless" could be outtakes from an early mix tape if it weren't for their bass-ridden dance codas and electric guitar solos.

"As You Are" best mirrors the larger project's sound. This album fits perfectly in the Weeknd's canon, but it sounds like nothing he has ever done before. Abel has honed his songwriting too, showcasing clear-eyed reflection on opener, "Real Life" and dramatic storytelling on the Jackson influenced, "In the Night." Guest rappers are absent this time, replaced by pop superstars Ed Sheeran and Lana Del Rey who offer highly anticipated collaborations that inexplicably sit back to back in the album's final quarter, but deliver some of the album's most memorable moments all the same.

"Prisoner" has a beast of a hook, but Lana doesn't share the natural chemistry that Abel shows with Ed Sheeran on the previous track, "Dark Times." All things considered, "Beauty Behind the Madness" is a very progressive release that makes Tesfaye's music more accessible to a commercial audience without compromising what made it stand out in the first place by playing to the artist's strengths.

He shows his focused artistic direction on final track, "Angel" when he sings "I know what I am and the life I live." Thankfully Abel, knowing that helps us to know what a great Weeknd album sounds like.

Pulp Fiction turns violence into beauty

By Jimmy Britt
Castleton Spartan

As the cult classic "Pulp Fiction" turns 21 years old this October, many people still see this movie as just another action shooter by award-winning writer and director Quentin Tarantino.

But it's so much more than that.

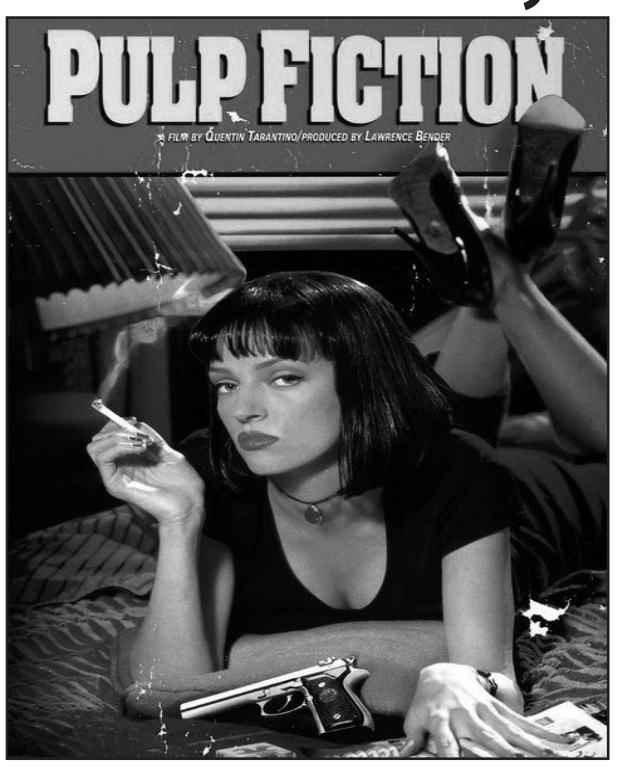
Visually, this movie is work of art. Just like any other movie, "Pulp Fiction" has traditional shots that you see everyday. But Tarantino gives this creative flair to the film.

Throughout the film we are given many different types of shots and camera workings that give it this sense of beauty. When John Travolta and Samuel L. Jackson's characters are first introduced, we are give a traditional back and forth shot between the two, but there are multiple slow moving long shots that follow the actors from their car all the way to the inside of the apartment building. Though the camera moves around to best fit the actors or to help transition their movements, we are still given a nice, steady following shot.

Another an example of a unique, gorgeous shot is when Bruce Willis' character, Butch, is being introduced. It's just a medium close-up shot of him looking at a person to the right of the camera. This shot stays on Butch for a solid two minutes, which really lets us see the intensity of Butch and how focused he is. Even the shot after, in which we see the back if Marcellus Wallace, still contains beauty through this simple shot choice.

Some of the most beautiful shots in this movie are the drug scenes. When we see Vincent shooting up on heroin, there is the montage that gives us a representation of what it's like to get the high of the drug. It's the back and forth from the process of shooting up and the calm high which gives us an almost welcoming feel. When we see Mia snorting her cocaine, we almost have the same feeling as we experienced with Vincent and his heroin. What makes hers different is when she overdoses. There is a slow, and slightly shaky, zoom on Mia when she starts overdosing, which shows us other side of drugs.

Though there are more examples of visual beauty in this film, the more it is written about, the more it loses its luster. You'll just have to watch it or re-watch it to see how truly gorgeous "Pulp Fiction" is.



Art gallery is downtown gem

By Carly Trombley
Castleton Spartan

Castleton University has taken the Rutland area by storm. From the Spartan Arena to the new dome, to the offices downtown, the school is blossoming downtown.

But perhaps the gem of the new downtown presence is the art gallery.

It boasts all different mediums and artists including Castleton students, alumni, and some from local towns and far away places.

The two proprietors of the gallery are retired Castleton professor William Ramage, and his protégé and Castleton alumnus, Sarah Karczmarczyk.

It opened in February 2013, but has grown drastically in the past few years.

"It has gained in popularity. People are still discovering us," said Karczmarczyk. "We get new people with every show who say, 'Oh! I didn't know this was here.' and they get excited about it and say they are coming back."

Ramage said that they get around four to five people coming into the gallery per day, and when there are shows, there could be anywhere from 20 to 50 people attending.

"My favorite part about working here is getting to know the different artists," said Karczmarczyk. "Everyone who comes in has a different kind of work, a different kind of approach to how they create it and how they want to present it."

Karczmarczyk was an art major at Castleton who started as a work-study student when the gallery first opened. She feels extremely passionate about art and the Castleton Downtown Gallery.

"I think it has helped tie the two communities together and it has brought a better awareness to the Rutland community how invested Castleton is in the arts," Karczmarczyk said.

And Castleton's art presence in the city will soon expand.

"We put some Castleton alumni work in the Chamber of Commerce and we're about to install a big exhibition in the bank that's empty now," said Ramage who plans to have this done within the next month.

In addition, places such as City Hall, banks in the area, The Opera house and The Rutland Free Library will all be being filled with drawings and paintings over the next few months.

"What we've got going here in Rutland is much more than the gallery," said Ramage. "We are trying to put as much art on the city as possible, all over the place."

Ramage plans to hire a Castleton intern to put together an art tour once all of the places are filled, open to the public, to really get the news of the gallery and the artists out there.

"I am about to install a piece in what was a dance studio in The Opera House and we are about to put up a whole lot of art in the Rutland Library." Ramage said.

These are all extensions of the Castleton Gallery.

"People come in and out of these quarters all the time, because there are businesses here. If we do this tour thing with an intern, it will all be put to good use," said Ramage.

He said he believes that with this tour, he will be able to show off the art to people other than those who go through the buildings daily for work.

"You know, build it and they will come. First you've got to build it. That's what we are trying to do here," Ramage said.

After teaching at Castleton University for over 30 years, he now puts all of his energy into the gallery.

"You'll be surrounded by it. It'll be art from floor to ceiling," Ramage said while in the Opera House, pointing at the tape on the floor that acts as a plan for the enormous semi circle mural that will soon be standing tall in the middle of what was once a dance studio.

"Everyone who comes in has a different kind of work, a different kind of approach to how they create it and how they want to present it" -Sarah Karczmarczyk

He said they have taken down all of the photos that were previously on the walls of these soon to be transformed areas.

"This is all just silly stuff that you see everywhere," Ramage said gesturing to the pile of old pictures that used to be on the walls. "It's like elevator music."

Karczmarczyk believes that much of the public from both Rutland and Castleton hear about the arts because of the plays and events at The Casella Theater on campus.

She thinks that by having the gallery downtown, it will not only draw Castleton people to Rutland, but Rutland people to the theater at Castleton for student shows.

The response from the Rutland community has been overwhelmingly positive since the gallery first opened.

"Overall having the gallery here, the fact that it's free, the fact that it is a family friendly place, it's been a great response. People love it," Karczmarczyk said.

SARA NOVENSTERN / CASTLETON SPARTAN

Castleton Downtown Gallery in Rutland, which opened in Februrary 2013, has gained popularity as Castleton has expanded into the city.

Drake's ghostwriting raises questions

By Alden Bisson
Castleton Spartan

Much like Cecil the Lion, the Drake-Meek Mill beef during the tail-end of summer scorched through social media, causing outrage, rancor and useless rambling. Fast-forward a month later, and much like Cecil the Lion, nobody cares.

While the coverage of Drake versus Meek was enormously overblown, a very serious issue was brought up that oddly got overlooked during the four-week tirade. Ghostwriting.

When it was revealed that the anointed king of hip-hop, Drake, had used a ghostwriter for many of his hit songs, there was an assumed fall from grace. Instead, people swarmed to defend their beloved icon, immediately dismissing the notion that their false idol was anything but.

For those unaware, ghostwriting is nothing new. Many famous artists rely on someone else to for their material. A sad, but true reality. In fact, P. Diddy has famously boasted, "Don't worry if I write rhymes, I write checks."

However, Drake isn't P. Diddy. Nor does he want to be. Drake strives for the top. He desperately aspires to wear hip-hop's golden crown, but knows he can't because hip-hop more than any other genre is built off the authorship and authenticity of the artist. For Drake's legacy to be mentioned among his childhood idols - Pac, Nas and Jay Z - he has to write his own rhymes. If Drake didn't want to be associated with the best, he would not have taken such a huge offense to Meek's accusations.

Drake is the most logical and profitable heir to the hip-hop throne. Too valuable to lose. The former occupants of the throne – Jay-Z, Kanye West and Lil' Wayne – all remain far too preoccupied with ventures outside of rap to assert any dominance. While two other well-known names – J. Cole and Kendrick Lamar – appear disinterested in playing the game of thrones.

Drake's astronomical rise has turned him into one of the most dominating celebrities and whether you like his music or not, there's no mistaking talent. The man has a persona that is beyond cultivating. The words that have come out of his mouth are mantras, memes and retorts fit for just about any and all occasions - there's even an app for that.

But much of the allure of Drake is the idea that he is personally penning his deepest thoughts. He's not supposed to be a committee of feelings. The fact of the matter is, Drake might be getting whole songs-worth of help from outside sources, thus ruining the magic and fantasy that makes him such a profitable entity. Would it not, Drake's camp would've confessed to the use of assistance he's received, which is almost certainly more than they've admitted to now, and simply turned Drake into a reality TV version of a rapper. People watch knowing it's fake, but get a perverse joy from trying to find the line between authenticity and script.

Saying Drake isn't a talented music is like saying Alex Rodriquez isn't a great athlete, but as Rodriquez's legacy has been called into question by many in large due to his admission of steroid use, Drake's career should carry a similar asterisk that is not in line with the legacy he's been building on for the past 10 years. Alas, it seems as though that asterisk won't matter, as efforts have been made to ensure the font from that asterisk is so small the writing becomes completely illegible.

The conversation surrounding Drake's worthiness as king should not be silenced by the sheep screaming, "Long live the king!" An election is coming. Paying attention is vital. Drake uses ghostwriters. More people of note need to speak up. The emperor has no pants.

Feeling the pressure

MARCO LAM/ CASTLETON SPARTAN

Students are already feeling the stress of the semester after the third week of classes.

LGBT club seeks stronger presence

By Catherine Twing
Castleton Spartan

Your professor asks the class to group up based on how you identify with a few statements. The first question: If you identify as male go here, if you identify as female go here.

For individuals who fit the gender binary this is an easy answer, but what about those who do not neatly fit into these categories?

"Sex is male or female, there are many different genders," said club member Chelsea Carey, a member of Castleton's LGBTQ+ club. "There is not a lot of education on gender issues."

The club, which has been in existence under different names for a few years, is there to provide comradery for students struggling to fit in and also education to the Castleton community on issues of gender identity and sexual orientation.

"The club is meant to be a safe place for LGBT people to meet others and feel safe," Carey said. "The allies are there to learn and to offer what support they can, but the main purpose is to be a safe haven for people to feel comfortable."

Originally known as the 1 in 10 club, the name was based on a study which found one in ten men were gay. The statistic is outdated and exclusive, only including men. The members of the Castleton group hope to change their name to be inclusive of students who are lesbian, bisexual, transgender or identify with any number of gender or sexual identities.

This year the club hopes to be more active than ever.

"Last year we held a national coming out day celebration. We also went to the translating identity conference in Burlington to talk about transgender issues in general and sex education," said club president Kyle Gosley. "We're doing those things again and at least 14 people are going to the pride parade on Sept. 13."

Something the club wants to discuss with administration is the idea of gender-neutral options.

"We are trying to advocate for the potential for gender-neutral housing or bathrooms," Carey said, noting that there are several gender neutral bathrooms on the residential side of campus, but they hope to have a few more on the academic side."

"It could also be a selling point for the school, show our diversity," Gosley said.

"Coming out isn't just a one-time thing when you tell your family and friends," said club member Brittney Boudreau. "You have to tell every time you get a new roommate, make new friends or get a new job. Having a gender neutral housing option, there would be less pressure because you will likely be living with others in the LGBTQ community."

Boudreau compared it to honors housing where students can find people with similar interests, making it easier to form a supportive group.

It's no secret the musical "Spring Awakening" raised some controversy. While a majority of Castleton students are very accepting, clearly not everyone feels the same way.

Gosley and Carey witnessed this first hand.

"We were sitting near an older gentleman who made a noise of disgust [when the two male characters kissed]," Carey said.

Boudreau added that these times when prejudice is brought to light can be very challenging for members of the community.

"The backlash last year with 'Spring Awakening' may have made people uncomfortable and I know there were many people who felt hurt and even scared, to be honest," she said.

Club members seem to agree that while the campus is unaccepting, most people tend to keep their thoughts, good and bad, to themselves.

"I think it's neither intolerant nor openly accepting. They don't really care, for good or for bad," Boudreau said. "Our club is so minimal and there's not a lot of talk about these issues. The wellness center is the exception because there is a huge prevalence of mental illness and they have a lot of experience working with LGBTQ issues."

The club has yet to decide a set time to meet, but anyone interested in joining should contact Gosley at ksg08020@castleton.edu.

CAB hosts comics and musicians

WILLIAM CHMIELEWSKI & JIMMY BRITT / CASTLETON SPARTAN

Clockwise from top left, comedian contortionist Jonathan Burns, singing comedian Brian O'Sullivan, and comedic magician Derek Hughes perform their acts at Castleton University.

Students keep community clean

BEKAH JENSER / SPARTAN CONTRIBUTOR

Students paint bleachers to help freshen up the community.

Continued from Page 1

White said the college is putting forth more effort than it has in the past to try to get students involved off campus.

During orientation, first-year students were sent out to different job sites to help clean up the town. Bekah Jensen, an orientation leader, was assigned an off-campus project.

"We went to Dewey Field in Castleton on North Road. We had to paint the bleachers for the rec field, and had to take inventory on sports equipment that is stored there," Jensen said.

In Jensen's opinion, however, that's not all it takes.

"Introducing the incoming students to building good relations with the university and the townspeople has always been a part of the Castleton way. Doing various campus and community projects during orientation weekend with the new students only goes so far, it takes students' positive actions and attitudes throughout the whole semester and year to build upon those initial connections," Jensen said.

Overall, both students and residents realize there are things that need to be done on both sides of the equation, and both are making more of an effort to do so.

"We want Castleton students to view this as their town, too. Not just where the school is located. This is where you're living for four or more years. We want you to see this as your home," Molnar said.

If anyone wants to get more involved or simply learn more about the issues at hand, White's office is located above the Coffee Cottage and his extension is 1431.

Nearly 2,000 alums seek new diplomas

Continued from Page 1

"I think it could leave room for improvements for other Vermont state schools, and give them a chance to be worked with more closely," said Morgan Vaudrien, a Lyndon State College junior.

Castleton's modernization gives Green Mountain College students hope regarding their treasured hospitality/resort management program at the Killington campus. Jason Rubin, a sophomore in the program, shared his dream of Castleton taking over the Killington campus.

"It would give the program a new way of getting out into the public eye. [With Green Mountain] there's a pretty small window to give the opportunity for transfers," he said.

Continuing, he added that the program itself would benefit Castleton University, by offering something unique and exciting.

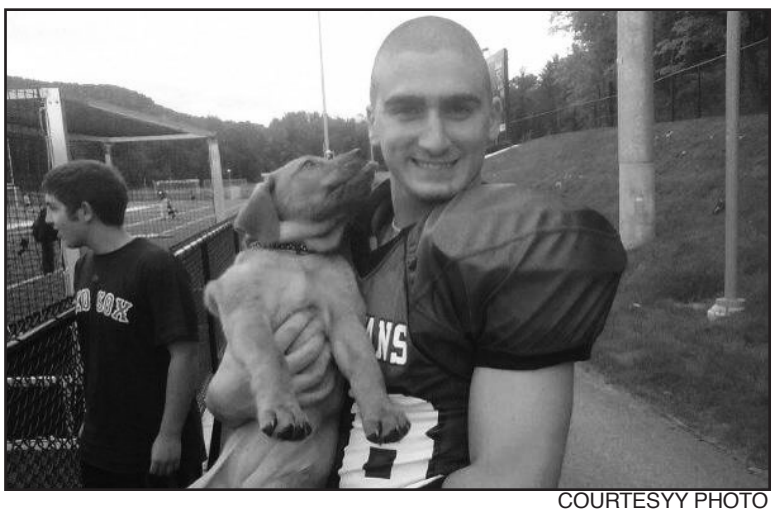
For many, the change to university status is exhilarating and offers promising opportunities for Spartans past, present and future. For some, however, the modernization will not be reflected upon their diplomas.

Beth Parent, 1989 Castleton graduate, said she might be content with her Castleton State College diploma.

"I think this name change is a great way for the institution to continue to grow and succeed in an ever-changing global economy, but I haven't decided if I will request a new diploma. I am very proud to say that I graduated from Castleton State College and recall fond memories every time I look at it," she said.

That said, nearly 2,000 people have already requested their Castleton University diplomas, according to Jeff Weld, director of marketing and communication. He said the requests span from 1950's alumni to 2015 graduates.

Students recall Iannotti as 'genuine'



COURTESYY PHOTO

Owen Iannotti poses after a game with puppy.

SARA NOVENSTERN / CASTLETON SPARTAN

A loving message is on Iannotti's shrine.

Continued from Page 1

Holmes is also planning on getting a lion tattoo in memory of Iannotti, but has already named a star after him.

"Owen was obsessed with lions so I'm in the process of getting a lion tattoo, but I also got a star named after him and most nights when the stars are out I sit outside and just talk to him like he's right there with me," she said.

Other students keep Iannotti close to them through other ways.

At 177 Pine Cliff Rd., a house of five guys keeps Owens funeral pamphlet on their fridge so they can see him every day.

Even students who didn't know Owen well still knew of him. Junior Melissa Dimock lived in Castleton this past summer and clearly remembers the way Castleton felt the day Iannotti passed away.

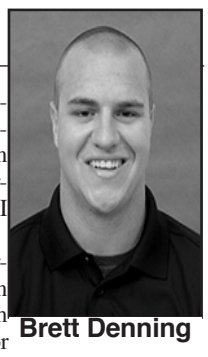
"I didn't know Owen well. I hung out with him briefly my freshman year … being here this summer and watching everyone come together, sharing their stories, and offer support is amazing. I know we are all still in shock that such a beautiful person could be taken so soon. I barely knew him, but I think about him every single day. Owen will truly never be forgotten," said Dimock.

Friends also constructed a bit of a shrine to him at the accident site, complete with a wooden cross with countless messages on it.

"Whenever I drive past the site of the accident, I silently thank him for everything he did for me and others and just for being a good person. I let him know we all miss him," said Stone.

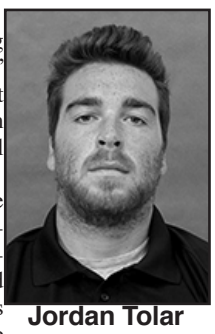
Four Spartans named Division III All-Americans

By Mike Davis
Castleton Spartan


Brett Denning

George Busharis

Jordan Goodrich


Jordan Tolar

The NCAA has recognized four Castleton University student athletes in the Pre-season All-American poll for Division III Football.

The four include Jordan Tolar, senior captain offensive lineman from Woodstock Vt., senior tight end Jordan Goodrich of Essex, Vt., senior defensive lineman Brett Denning of North Adams, Mass, and senior quarterback George Busharis of Mansfield Mass.

These four athletes were recognized for showing exceptional leadership skills on and off the field as well as great passion and competitiveness at their position individually.

Last season under coach Tony Volpone, the Spartan football program had the best season in school history finishing with a 7-3 record, second in the Eastern Collegiate Football Conference only behind Husson University.

Volpone in just one season has been able to have a major impact with this program, and the four All-Americans were excited to talk about the award and the coaching staff.

"This award means a lot to me," Goodrich said. "I've put in a lot of hard work and was determined to just be successful and enjoy the game. I am blessed to have such a great family and support group that has allowed me to develop as a football player and helped me get the chance to play at the collegiate level. When coach Volpone got here, he truly invested in us and worked hard to make us successful again. It is all about our mission."

Senior captain Jordan Tolar was in a thankful mood when asked for comments on the award.

"Being honored for being an All-American is a pretty special thing," Tolar said. "I am just blessed and so thankful to have had the opportunity to play this game for as long as I have, I love it.

"But the more awarding thing to me, is the being able to go out and take the field for 60 minutes with this team and this coaching staff, and when it is all said and done, and the mission is complete, then I can sit and reminisce about the good old days."

Quarterback George Busharis said he was quite shocked when he found out that his name was atop the Division III Preseason All-American honors list.

"I was very surprised," Busharis said. "But it is just a preseason award, what is really important, are the teams and my performance on the field during the season."

Senior Brett Denning seemed to echo Busharis' comments about what is important this season for this Spartan football team.

"To be honest, the honor of preseason All-American is a great honor and shows the hard work that the four of us have put in to get here over four years. But the award is just preseason recognition and it isn't going to mean much to me unless we reach our team goals. Couldn't have done this without my teammates and coaches and winning is all that's on my mind right now," he said.

Shield helps growth

By Brock Pollard
Spartan Contributor

The change from Castleton State College to Castleton University wasn't the only change that took place this past summer. Castleton's Athletic Department has started a new program that fundraises money for athletic teams in a way that doesn't burden the coaches or players.

This new program is called the Spartan Shield Society, and its focus is to generate more money through donations from "Shield Members." Shield Members vary from faculty and alumni to Castleton residents.

"To get our teams to the next level we have formed the Spartan Shield Society to be a collective fund-raising wing for athletics," said Bo McDougal, men's lacrosse head coach and head of the Spartan Shield Society.

Allison Vachon, senior captain for the women's soccer team, hadn't heard of the Spartan Shield Society.

"I didn't even know there was a new fund-raising program," said Vachon confused.

After learning about the Shield Society, Vachon questioned what the difference actually was.

"With every member who 'grabs their shield' and supports Castleton Athletics, the department and its student-athletes grow stronger, more competitive, and better equipped to succeed," the Castleton website stated.

Maintaining competitive edge and treatment for players will not be an issue with the formation on the shield.

"In terms of equipment, safety precautions, number of competitions, and number of student athletes, we should be running the same as previous years," McDougal said.

The shield makes it less hectic on a student athlete to fund-raise money through bake sales, T shirt sales, or the typical calendar raffle drawings.

A table showing how much money will result in changes for athletes is located on the website. If $10,000 is raised, the baseball team is able to fly south to Texas for pre-season. One-hundred dollars provides cold weather gear to a soccer player. The shield acts as a constant receiver of donations, relieving stress off the athletes and coaches.

Players are excited to see the affects that the Shield Society will have.

"Not having to do any fund-raising this year is going to be awesome," said senior lacrosse player Nick Bruch, "Hopefully the donations are enough to get us some cool gear."

Will the Spartan Shield Society be enough to take the hassle completely off of all coaches and students?

"Right now we are really kind of in our grassroots efforts stage, but the recent Castleton Classic Golf Outing, which set a record number of participants as well as a record number in donations, is a good start," added McDougal.

The Spartan Shield Society reached out to every Castleton Alumni offering them a free year membership to the Society. For more information visit the Shield Society online at castletonsports.com/shield-society.

COURTESY OF JORDAN LUMSDEN

Participants of all ages flocked to Spartan Stadium last Sunday helping to raise awareness and funds for HIV/Aids through the grassroots soccer movement.

Losing shoes for a good cause

By Jordan Lumsden
Castleton Spartan

Unpredictable Vermont weather wasn't able to keep crowds away from Spartan Stadium last Sunday afternoon as people of all ages entered with their shin guards and cleats in hand.

The second annual Lose Your Shoes three-versus-three soccer tournament brought excitement that could be heard from Castleton dorm rooms.

The fund-raiser, put on by the Castleton men's soccer team, benefits the grassroots organization.

"It's a global aids education program," said Castleton men's soccer coach John O'Connor.

The program aims to educate young people with hopes to stop the spread of HIV/Aids. Soccer drills are used as discovery based learning activities, showing kids the consequences and risks of their actions relating to HIV/Aids.

Goals for the fund-raiser in its second year were set higher.

"We raised $1,000 last year so our goal is $1,500. If we can get to that then we'll be really happy," O'Connor said.

As music played over the stadium loudspeaker, participants scattered the field playing 12-minute games of three-on-three. Rule enforcement wasn't a main concern.

"They will call the game themselves so its like a pick-up game," O'Connor said, "As I told the kids, there's no trophies, there's no ribbon, there's no money for the older guys. It's just a lot of fun."

Spartan soccer captains Steven Koenemann and Amir Pasic agreed that turn out for the event surpassed expectations.

"This year it's a lot bigger. I think we have like twice as many teams so it's grown a lot," Koenemann said.

"It's for a good cause, it turned out to be a nice day and it's nice to see all these people out here playing the game that we love and enjoying it," Pasic said.

Popularity for the event has only skyrocketed since last year.

"He heard of some other kids doing it last year and thought it was really cool," said Beth Coughlin about her sixth-grade son.

Participants of the event are just as excited to give to the cause as they are to play.

"It's fun to get a group of people together for a good cause and play a good game," said Brad Coupe, a science professor at Castleton.

Will the Lose Your Shoes Tournament happen next year and years to come?

"Oh yeah, we're gonna keep it going," O'Connor said smiling.

Exercise, sportsmanship, fun and awareness are key components that O'Connor and the rest of the Spartans emphasize that make this event fun and successful.

"Anytime you can get kids out being active and doing stuff for a good cause, I think it's awesome," Coughlin said.

Kean edges Castleton in 4-3 thriller

By Nick Blaisdell
Spartan Contributor

As if the 85-degree Sunday was not enough to make fans sweat, the Castleton women's soccer team played a nail-biting game against the Kean University Cougars that made it worse and came up short 4-3.

Head coach of the Spartans, Chris Chapdelaine, said the heat was not a negative factor in the game for his club because "we're fit, the heat is just one of those things that you either succumb too, or you overcome."

But the temperatures were so dangerous for players that referees took one official time-out in the first half and another in the second to giver players a break.

But Chapdelaine said after the game that mistakes and not the heat was the cause of the loss.

"With the schedule we play, we play good opponents, good opponents make you pay for your mistakes," he said. Castleton's defense struggled to keep the Kean players in front of them for most of the game. More mistakes came for Castleton as the Cougars scored the game winner in the 86th minute of play on a defensive turnover deep in Spartan territory.

Kean, on the other hand, played solid defense all day and kept the ball away from All-Tournament First Team forward Mallory Costello for most of the game. Costello came into the game scoring four goals in the previous two games.

"Everyone is aware of her and she has created quite the résumé for herself," said Chapdelaine about his star player.

Costello left Sunday's match without a goal, but Castleton had some young players like sophomore Kiley Baran and freshman Bronwen Hopwood step up into big roles, in an even bigger moment.

Hopwood set up the game-tying goal in the second half for the Spartans as she weaved her way single handedly into Kean territory. Just before she was about to score, Hopwood was tripped up by the Cougar defense and was awarded a penalty kick. Baran was selected for the free kick and tied the game as the ball entered the bottom right corner of the net. Baran's kick had enough velocity to speed past the goalkeeper while also having the pinpoint accuracy to stay just out of reach.

Castleton players know they have the offensive firepower to win another conference title and was ranked number one in a pre-season poll ranking. With underclassmen getting settled into their rolls, look for Castleton to be an offensive force in conference play. If Castleton can learn from their defensive mistakes, the Spartans chances at another NAC Championship will be very realistic.

The Spartans are now 1-2 this season and are looking to get back on track as they play Lyndon State later today.

COURTESY OF CASTLETONSPORTS.COM

Bri Diphilipo fights off a Kean defender in Sunday's match during the Rutland Herald Invitational.

COURTESY OF CASTLETONSPORTS.COM

Makai Hawkins follows lead blockers as he returns a kick in the 21-10 victory against Plymouth State on Sept. 5.

Strong start for Spartan football

By Mike Davis
Castleton Spartan

Not much has changed since last year's historic 7-3 turnaround season for the Castleton Spartans football team under head coach Tony Volpone following the disastrous 1-9 season a year prior – but there certainly has been a lot of hype and conversation about this year's squad.

Time will tell whether it can get back to last year's winning ways, but if the season opening 21-10 victory against Plymouth State is any indication, signs sat yes.

Castleton lost some star players on both sides of the ball this year including Zachary Howe, Tyler Combs, Mike Perrone and Kevin Alberque among others, but the team looked confident when it traveled to Plymouth State for a week 1 showdown at Currier Field against the Panthers.

Castleton quickly answered some preseason hype questions by getting a dominant performance defensively that the Panther offense just had no way around. The Spartan defense held the Panthers scoreless for much of the game, and recorded three sacks and three interceptions, including one by Derek Mcadoo, who also had four tackles, which only helped Castleton solidify a win in the win column.

"Ultimately our defense played extremely well," senior tight end Jordan Goodrich said. "They played outstanding assignment football against Plymouth's triple option. On offense we struggled to run the ball, yet our passing game was successful. The big guys upfront gave George plenty of time to make his reads and get the ball downfield, great team effort."

All-American quarterback George Busharis looked just fine in the absence of his 2014 star receiving core and played a major role in the game by completing 28-42 of his passes for two touchdowns including one to senior star wide out Soren Pelz-Walsh who caught eight passes for 154 yards on the day.

"We have a lot of young talent on this years team, and so the leadership roles have increased for the seniors and we need to continue to step up and really pave the path for the young guys, and show them just how important it is to show up everyday and try to get better," Senior captain offensive lineman Jordan Tolar said.

Castleton led the entire game and didn't look back as they left New Hampshire and headed back to Castleton with the 11-point victory, putting them at 1-0 and 0-0 in the ECFC. It seems clear that this year's team has something to prove, and according to senior linebacker Jay Morgan, it is going to have to be an all around team effort.

"This year's team has more experience with the playbook than last year's. Some of the young guys have to step into bigger roles, and we just need to fly around, put together solid weeks of practice and stay healthy. The goal this season is to just compete our hardest every single play. We know we have a talented group; we just need to play fast, physical football until the clock hits 0," he said

Castleton will next travel to Rhode Island to take on Salve Regina on Sept. 19 at 12 p.m.

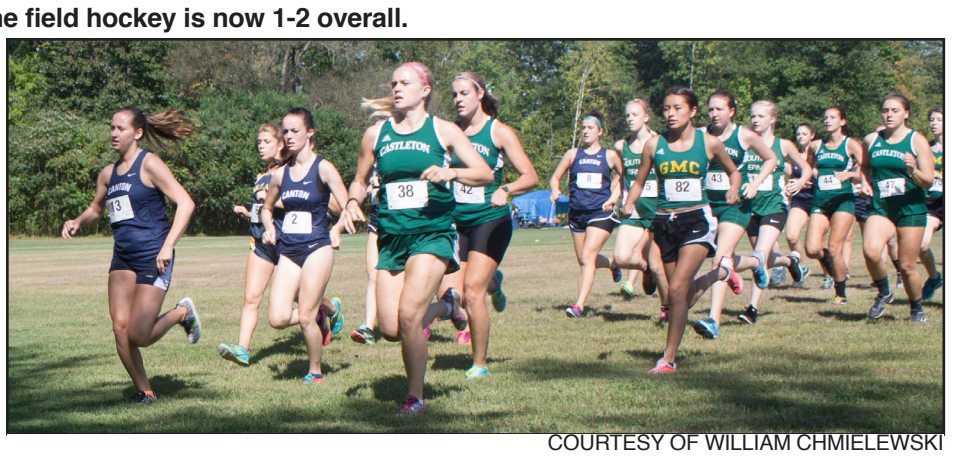
Sports through Pictures

COURTESY OF CASTLETONSPORTS.COM

COURTESY OF CHRISTIN MARTIN

Kirsten Kurk hits a shot in a match last week. Women's Tennis is now 2-1 on the season. Rachael Holland chases down a ball in last Saturday's game against Daniel Webster. The field hockey is now 1-2 overall.

COURTESY OF WILLIAM CHMIELEWSKI



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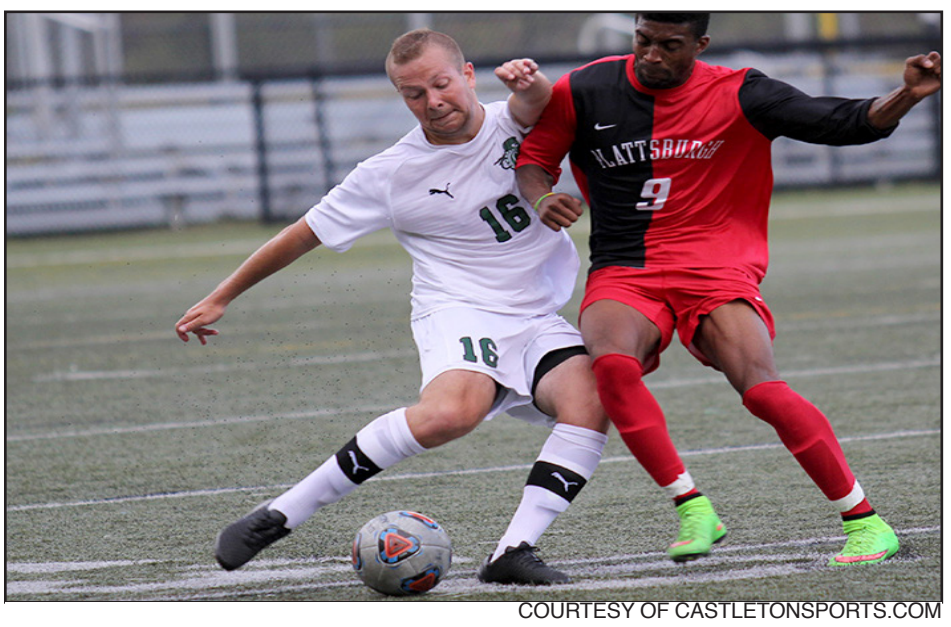

COURTESY OF CASTLETONSPORTS.COM

Castleton serves in their double-header Saturday and went on to win one out of the two matches. They are now 3-3 on the season. Castleton hosted the Castleton Invitational cross-country meet last Saturday and the Spartan women won the event and the men's team claimed second. Steven Koenemann shields the ball from an opposing Plattsburg State player last Saturday. The men's soccer team is now 3-2 on the year.

Sports talk with Jordan Lumsden

As I sit on my coach and take in the sights and sounds of the many to come Sunday night football games, I think back to how we all got to this point.

No, not some philosophical question about the existence of man or what the purpose of life is. I'm not even talking about how we all became football fans. I'm talking about how we got to care about the Tampa bay Bucs or the Carolina Panthers.

I know some might holler to defend their teams, but the fact of the matter is that fantasy football makes every game relevant.

My favorite team, the Atlanta Falcons, went 6-10 in 2014 and finished 3rd in the worst division in football. Being a Falcons fan can be lonely and quite ugly sometimes and I don't know if they are going to win anytime soon. One thing, however, I know for sure is that all five of my suitemates sat and watched the game on Monday night, screaming at Matt Ryan to throw the ball to Roddy White so they could pick up the points they needed to beat the person sitting right beside him.

I've been a football fan for as long as I can remember and the question I always got was the same… "Do you play Fantasy?" No… I did not play fantasy… until this year. I never understood what fantasy meant. I'd much rather watch and cheer from my team, relaxing and eating food, instead of worry about a game within a game, right?

Wrong.

I found out in little under a week what this game is capable of. There are different kinds of fantasy players. Over-obsessed, under-obsessed and the lucky few who can find a balance. An over-obsessed player may spend hours studying players, defenses, matchups or anything else to give them an edge. This type of player researches injuries and conducts mock draft prior to the season actually starting. The under obsessed player is one who forgets about the draft entirely or is out picking up his mail while it's his pick.

But for what? Does it really help? Does strategy play any part?

Who can actually tell when you're playing the guy who auto-picked his whole roster and now is racking up the points with the no name kicker who's single-handedly beating you into the ground.

I laugh every time I see someone stand up to yell at the TV. Hey buddy, they can't hear you. As much as I find it funny, why do I also find myself doing the same thing? I, along with many other fantasy owners, envy the person whose laptop died when picking teams and is still running the table. Meanwhile you've got "Frank" in the back acting as an NFL scout while he finishes in last place.

Is there any really strategy to this game? Some say yes and other would say no. While many fantasy leagues play for bragging rights, others amp the stakes and get a little risker. About two years ago, ESPN ran a story about fantasy leagues and wagers that are made between buddies. They found a group of 1o guys from Omaha, Neb. who form the self-proclaimed tattoo league. The rules of the league are simple, the person that comes in last place for the season has to get a tattoo designed by the champion of the league. It reminds me of an old saying my dad taught me. When running from a bear in the woods, you don't have to be faster than the bear, just faster than the slowest person.

Seems easy enough if you pay attention right? Wrong again. Fantasy football can be so unpredictable at times that it makes a meteorologist look accurate. The best you can do is hold on and pray that you don't get inked.

Castleton Spartan

CASTLETON UNIVERSITY'S STUDENT NEWSPAPER

Wednesday September 30, 2015 CastletonSpartan.com Castleton, Vermont

Vandalism working its way to Castleton campus

By Jordan Lumsden
Castleton Spartan

A total 14 cars between Hoff Hall and observatory parking lots were vandalized and broken into on Sept. 5 leaving students angry.

"It was keyed, the glass was broken and there was a swastika symbol on the hood," said Nathan Lumsden, a sophomore criminal justice major talking about his 2006 black Chevy Silverado.

"It was keyed, the glass was broken and there was a swastika symbol on the hood."

-Nathan Lumsden

Eleven vehicles in the observatory lot and three vehicles in the Hoff lot were targeted. Not every car that was broken into had items stolen, according to Director of Public Safety Keith Molinari.

"There was a hunting knife left on my seat, there were open boxes of condoms and my glove compartment was rummaged through, but nothing was taken," said freshman Jackie Lisack.

Molinari isn't ruling out the possibility that the vandal is a student, but says the incident is uncharacteristic of the Castleton student body.

"While I don't believe our students are complete angels and saints, I believe that they all care about Castleton University and that they have a true vested interest here," Molinari said.

Public Safety officers were reported as being "out and about" on patrol at the time of the incident according to Molinari. Both Hoff and observatory lots have lights, but Molinari and Lumsden agree that measures need to be taken to ensure vehicles safety.

"I had someone try to break into my truck last year and broke the rain guard off of it so this isn't the first time this has happened," Lumsden said.

Motion lights and other security measures have been considered, Molinari said.

"I would love to see cameras in those lots, but we're weighing cost benefit," Molinari said.

The 14 incidents double the number of seven similar incidents in all of 2013, the most recent stats.

Continued on Page 6

Confederate flag stirs mixed emotions on campus

PHOTO ILLUSTRATION BY CASEY MCGRAW

Students mingle on the steps of Woodruff Hall.

By Casey McGraw
Spartan Contributor

For many students, the sight of a Confederate flag may not cause a second thought, but for others, it's is an offensive symbol of racism.

Although the flag is now banned in six U.S. states, it can be seen in windows, on bumpers and even as decorations on laptop computers on the campus of Castleton University.

"The confederate flag is something that shouldn't be allowed on campus because it is offensive to African American people. It's like the swastika to me. Why would you hurt somebody's culture?" said Tondi Mushandu, a black student originally from Zimbabwe.

Castleton, which currently does not have a policy on Confederate flags, has a black population of just .8 percent and a white population of 87.9 percent, according to cappex.com.

But despite Mushandu's displeasure at seeing the flag on campus, not all students feel the same way.

"It's a second amendment right," said Rob Pinnock, a black student at Castleton. "I don't judge them for having a confederate flag, just like they shouldn't judge me for my Jamaican flag."

But communication professor Sanjukta Ghosh, a native of India, said the flags are very different and questioned Pinnock's logic.

"Putting up a Confederate flag and putting up a Jamaican Flag is not the same. The Jamaican Flag unifies a whole people into a country, to one identity. The Confederate flag is a flag of hate," Ghosh said.

Carnelius Green, a black student who grew up in Florida, agrees with Mushandu that the Confederate flag should go away.

"Because I'm from the south, I've always been taught the history of the Civil War. The rebels were fighting for the right to slavery. We are in Vermont (a Union state), what is the point of having a Confederate flag?" he said.

A detail perhaps worth mentioning, however, is that the Confederate flag that we know was never the official flag of the Confederacy during the war. According to a PBS article in June, 2015, the flag was actually the battle flag for Gen. Robert E. Lee's army of Northern Virginia. It was rejected as the official flag of the Confederacy and only become the most prominent flag of the Confederacy after they lost the Civil War.

For some students, seeing the flag stirs emotions that are difficult to deal with.

"For me personally, it makes me feel like people would prefer I work on a farm or a field rather than attend a university," says Israel Dudley, a black first-year student.

Ghosh questioned why students or anyone would want to openly display the flag knowing what it signifies.

"What kind of culture are we creating that somebody feels comfortable enough to display a symbol of hate? What kind of campus are we creating that some person feels comfortable displaying a symbol of hate?" she said. "It's not a question of whether or not we should get it removed, but step back and say 'what are we doing wrong that is encouraging students to embrace symbols of hate.'"

17 Countries and 1 university

By Eric Mack
Spartan Contributor

It was a brisk morning in Stockholm, Sweden when William Von Heland boarded the plane to make his journey to Castleton University with his prized soccer cleats in his backpack.

After flying into Boston, Von Heland looked out the window to see a small, eight-passenger airplane that would be his ride to Rutland. It was tiny, like nothing he'd ever been in, and minutes later he was thankful that it left the ground.

Von Heland was nervous about his new life, about the plane, about everything. Then he heard a couple guys talking in Swedish behind him. He turned around, started chatting with them, and learned they were Simon and Gustav – from the Castleton hockey team.

From that moment Von Heland knew he was going to like his new home at Castleton University.

Castleton is now the home to 54 international students from 17 different countries. Even though it is still early in the year, their impact is being seen on the athletic fields, in the classroom and socially around campus.

Many international students are hitting the ground running with academics and sports, but Fabio Klay, of Switzerland, literally hit the ground hard.

On just his first night on campus, Klay went to bed early exhausted from his first day. He soon found himself on the floor in the middle of the night after he rolled off his bed.

"I just couldn't help falling off the bed. Back home I have a much larger bed so when I turned over I expect there to be a little more bed. I guess that wasn't the case and I hit the floor pretty hard," the hockey player said with a smile on his face.

PHOTO CONTRIBUTED BY DEBORAH SINGISER

A group of international students visits the Japanese Zen Gardens in Hubbardton.

International students are having a big impact on several sports teams across campus and coaches are taking notice.

"Fundamentally, European skiers are near perfect. They are solid and look slower because they are so smooth on the slopes. Smoother means faster," said ski coach Chris Eder.

The women's ski team will now have three international skiers, including returner Josefine Carlsson.

"My strength in skiing is slalom because I'm strong and not afraid of the fast pace with the quick turns. I also love that there is always action in a slalom course. You have to be 100 percent in the moment. If your mind is somewhere else, you won't make it through the course," Carlsson said excitedly.

Although international students are making an impact when it comes to wins and losses, their presence also changes the culture and diversity of the team, athletes and coaches say. American athletes, because of their foreign teammates, are getting a much more diverse experience on and off the field.

Continued on Page 6

Castleton student saves a life

SARA NOVENSTERN / CASTLETON SPARTAN

Sarah Czarnecki

By Shannon Fischer
Castleton Spartan

When people think of cancer they think of this terrible disease that is typically treated by radiation and chemotherapy. But what if you could save a cancer patient's life just by donating blood stem cells?

Sarah Czarnecki, a Castleton senior majoring in special education, used her gift of helping people to help save a cancer patient's life.

Czarnecki donated her peripheral blood stem cells just a few months ago to a patient with leukemia. The match was made through the Be the Match organization. Czarnecki's experience was a roller coaster ride of emotions, feeling some pain from the donating process, but feeling that she did a great deed for someone in need in the end.

The process of donating blood stem cells is time consuming, and there's an element of pain involved, as well as a huge commitment from the donor. Before donation, the donor has to go through a process called apheresis. Four to five days before apheresis the donor might be given a medication to increase the count of stem cells in the bloodstream. During this process the donor has a central venous catheter put in a large vein to remove blood. The blood is put through a machine that removes the stem cells which takes a few hours to complete.

"It was painful, not too painful, but I was set up on a machine where I had one very stiff needle in my right arm, and I could not move that arm. In my other arm I had a returner IV," she said. "I was at Dartmouth Hitchcock from 7 a.m. until 1 p.m. on Thursday. I got news that they didn't get everything they needed so I had to come back the next day from 7 a.m. to 1 p.m. It was a long process, and I had to keep the returner IV in my left arm which was painful so I didn't really sleep that great that night."

Continued on Page 6

Photo of the week!

HEATHER ROBINSON / CASTLETON SPARTANN

This week's photo is a beautiful shot of Spartan Stadium during the homecoming-parent weekend football game. Want to see your photos in The Spartan? Email your sumbissions to thespartan@castleton.edu.

Castleton is still a safe place

I am a very trusting person. Some (including my mom) would call me too trusting. So far, my forgetting to lock my car doors, walking alone at night and leaving my backpack unattended on occasion has not gotten me into trouble. There are times, however, that I stop and realize that the world is not as safe as I'd like to imagine. Hearing of the car break-ins on campus a few weeks ago was one of those times.

Within the first few weeks of school there was a total of 14 car break-ins. In some situations things were taken, such as an Ipod from one vehicle, but in others the only evidence was a broken window or damaged door. It has been rumored that the perpetrator was looking for drugs, which would explain why he or she did not take GPSs or other valuable items from some vehicles. Even though not much was actually stolen, most everyone I talked to about the incidents say they feel less safe and aren't as comfortable as they were before.

According to the crime statistics published by Public Safety, there were 13 cases of burglary in 2012 and only seven in 2013. While higher than recent years, 14 doesn't seem too outrageous. Then you realize this is 14 in a matter of weeks. Who knows how high the number could be for the entire year?

Being that it was at the very beginning of a new semester, this was a first impression of Castleton for many new and transfer students. They had not yet experienced how friendly and safe of a place Castleton is. In their first three weeks, cars got broken in to and someone was supposedly drugged at a party. This sounds like a pretty unsafe school.

I want to tell anyone that feels unsafe, that Castleton is one of the least dangerous universities you will ever find. Director of Public Safety Keith Molinari, or almost anyone on this campus, will tell you the same thing. You never need to look far to find someone who cares about you and will help you out when needed. I have never worried about walking across campus alone, even as a woman, or leaving my backpack unattended in the campus center, because the majority of Castleton students are good people.

"You never need to look far to find someone who cares about you and will help you out when needed."

-Catherine Twing

My hope and belief is this is a not a trend, but an isolated incident. Not a new culture of crime, but a few idiotic, disrespectful individuals who think they can get away with these kinds of behaviors. The unfortunate truth, though, is that this did happen. Castleton is safe, but even the safest places have crime. The best we can do is protect our cars and property and make sure we are those caring people there helping, not the ones causing problems.

-Catherine Twing

Letter to the editor: Thanks to football team

The 2015 Walk to End Alzheimer's was held in Rutland on September 12th at the Main Street Park. Organized by the Alzheimer's Association and a committed team of volunteers in Rutland, the walk was a huge success and raised over $30,000. These funds will be used for research, educational sessions, the 24 hour helpline, support groups and other resources to support individuals with Alzheimer's and their families. These resources will serve the 12,000 Vermonters who currently suffer from this disease.

In true college spirit, eight members of the Castleton University Spartan football team volunteered their time and muscles to help with set up, traffic control, pick up and general assist at the Walk. We want to thank these young men for being a part of the walk and helping to make the walk so successful!

Thank You Spartans!

Shana Halliday
At Home Senior Care
Walk to End Alzheimer's
Committee Member

PHOTO CONTRIBUTED BY SHANA HALLIDAY

Members of the Castleton University football team pose for a photo during the Walk to End Alzheimer's in Rutland on Sept. 12.

MARTIN VANBUREN / CASTLETON SPARTAN

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Professor thanks students

I can't express enough how fun it is being a professor when students engage in the classroom, challenge themselves outside of it and I especially love it when they seek out a five-minute chat to make sure they're on the right track.

At a faculty dinner last week, I told virtually every colleague who happened to make eye contact with me about how much fun I'm having this semester. I had just met with a student working on a story about the local farmers market. This is a student who in years past said he couldn't write well and although he did well, he wasn't killing himself with effort. And here he is, texting me to meet to discuss my edit of his story.

One of his storytelling lines in the story when detailing a tent that sells tie-dyes at the market read: "Almost like fingerprints, each item of clothing has a different pattern making each one unique." He likened tie-dyes to fingerprints, and I LOVE it. He can write and I think now he knows it.

But it's not just him.

First news story assignments from two different classes seemed more creative, the discussions in ethics class seem more spirited and the crew working on the Spartan seems like a professional news staff.

The design is snappy, and the content isn't all fluff. This alone deals with racism of the Confederate flag, a student who saved a cancer patient with her bone marrow, a critical look at tenure and a two-story package with photos of Project 240 and the republican debate.

Add in a call from the Rutland Herald editors seeking permission to use yet another student story from The Spartan and, well you probably get the picture.

Some semesters are more challenging than others, for sure, but I just want to reiterate how much fun I'm having right now and how inspired I am. The thanks goes to the students.

So, thanks.

-David Blow

School officials: suite inspections are no big deal

By Tayor Keramis
Castleton Spartan

A bright orange sign stating "Notification, Monthly Suite Inspection" greeted the students on the door of Morrill Hall last Friday as they entered their dorm.

The sign continued: "This building will be having their monthly health and safety inspection of their suite area and bathroom this Friday between 2 p.m. and 4:30 p.m."

This raised red flags and questions for many students, as they didn't know what to expect from this new process.

"Are they checking our rooms? What exactly are they looking for?" said Katelyn Tomaselli, a junior athletic training major and resident of Morrill Hall.

Shaun Williams a long-time member of the Castleton community and Area Coordinator for many of the residence halls for more than five years, explained that the inspections aren't punitive. He spoke about the effort and how it is meant to simply improve dorm life.

"I can't get enough of Castleton," he said, explaining that his love of the place fostered the idea to make sure living quarters are kept relatively neat. It was one of his first moves as newly appointed assistant director of Residence Life.

After obtaining his new position, Williams and Director of Residence Life, Michael Robilotto sat down together over the summer to come up with new ways to make improvements around campus this year.

The main goal of these inspections are to keep up with work orders, stay on top of damages, and to make sure suites are staying clean.

"They are done on a monthly basis to deal with damages sooner rather than later, resulting in saving students money at the end of the year," Robilotto said.

A typical suite inspection would involve the main suite area and bathrooms, to check for cleanliness and make sure they don't get out of hand. Inspections are limited to those areas because "rooms are students personal space, not an area we want to go into," Williams said.

Although this may seem like an unnecessary process considering all dorm rooms and suites already go through an inspection before every break, many students have taken a liking to this new process.

"It's a good concept to keep damages from going unnoticed, and help residents communicate ideas or concerns with residence life," said Jennifer McGuoirk a community adviser in Morrill Hall.

Williams is also excited about this for the same reason.

"It is a great opportunity to have positive interactions between Residence Life and students" he said.

The process of the inspections was carefully created to make students feel like they are being helped, not like they are getting in trouble or looked down upon, to "create more of a community feel," Robilotto said.

And that's why Williams is the one doing the inspections, they said. Williams is a familiar face around campus, and someone most students won't have issues with when he comes to inspect and will feel comfortable communicating concerns they may have, they said.

Notification
Monthly Suite Inspections
This building will be having their monthly health and safety inspection of their suite area and bathrooms this Friday between 2:00 PM and 4:30 PM.
Questions please contact:
Shaun Williams
(802)468-6188
shaun.williams@castleton.edu

CATHERINE TWING/CASTLETON SPARTAN

Signs inform residents about monthly inspections.

WILLIAM CHMIELEWSKI/CASTLETON SPARTAN

Students register to vote in the lobby of the Paramount Theater prior to the republican debate on Sept. 16.

What's Project 240?

Goal is to make students politically aware

By Carly Trombley
Castleton Spartan

Project 240 is Castleton University's way of celebrating the 240th year of our republic, while also trying to encourage students to be a part of the 2016 presidential election.

To do this, Castleton has joined forces with The Paramount Theater in downtown Rutland to put on a series of events for the community, and the university.

Some of these events include, screenings of presidential debates, national conventions, mock primaries, and coverage of the election itself.

The first event was Sept. 16, which was the republican debate, and the next is Nov. 14, the democrat debate.

All but three of these events are free to the public and some are listed as Soundings events for university students.

At the first event, the executive director of The Paramount, Bruce Bouchard and Rich Cowden, the director of the Fine Arts Center spoke a little bit about what Project 240 means to them and what they hope to get out of it.

Bouchard believes that this will be one of the most interesting elections in history.

"I want to remind you now that we will be culminating on election night 2016 for we hope for the best party that we have ever thrown in the history of The Paramount," Bouchard said followed by cheers and applause from the 250 people in the audience.

Bouchard hopes to inform the students about the importance of voting andpotentially change their views on it altogether.

Bouchard and Cowden were extremely relieved to not only be finally beginning this project, but to see how many students chose to come to this even over the other Soundings choices.

They hope that by being at the first, they will be engaged and want to come to the other Project 240 events.

"One of the purposes of Project 240 is to elevate the discourse around the political process and so, students that are here, I say that some of us haven't done a great job with the political system over the years," Cowden said in his opening statement. " We kind of messed it up. We've allowed an environment to be created that's full of hatred."

Cowden believes that young generations are the key to changing our world filled with hate into a world filled with love.

"One of the things that I think we aspire to with Project 240 is to give this back to you young people," Cowden said, "Take it. Fix it. Help us. That's what we want."

Project 240 spans over 14 months and has 17 events that the public can attend. Their hope is that with each one, there will be an increasing amount of students there.

"I never experienced such a kind reception to what I thought was a modestly good idea." said Bouchard with a chuckle of almost disbelief that the start date has finally come, and there were so many people in the audience.

"There seems to be a disengagement and not an engagement and we need to engage again because, this is important stuff," said Mike Smith, political analyst and guest moderator at the Republican debate, "I welcome what The Paramount is doing here and Castleton University. I haven't seen it throughout the state yet, and it is just amazing."

Bouchard and Cowden believe that it's not even just voting that matters. It is educating yourself, and participating in the change that will come to this country and everyone in it. Project 240 is about just that.

"Project 240 is about spending a year together as a community where we can be positive and proactive," Cowden said, "we can learn from each other, we can agree to disagree, we can shout with love, we can be passionate about our beliefs, and we don't have to tear each other down in the process."

Before the debate, Castleton students did not know what Project 240 was. With the recent debate, at least 150 Castleton student know now, and probably many more.

GOP debate marks first Project 240 event

By Carly Trombley
Castleton Spartan

The sounds of cheers and clapping erupted through the doors of the Paramount Theater in downtown Rutland on Sept. 16 during the live broadcast of the republican debate.

This broadcast is the first of many events in the Project 240 program partnership between the Paramount and Castleton University.

"This election is going to bring in 100,000 more voters in the state than the last election," said Mike Smith, political annalist for WCAX and guest speaker at the debate.

Smith works with WCAX as well as WVMT radio and also writes weekly articles for The Rutland Herald and Times Argus on political events.

Smith was joined by Steve Terry, a retired journalist turned political observer who spent five years covering the happenings in the state house for the Vermont Press Bureau, and six years as a legislative assistant to Sen. George Aiken in Washington D.C.

Together they helped shed light on what exactly was going on during the debate, as well as share their opinions about who will rise in the upcoming polls.

In the lobby of the Paramount, Castleton officials had a booth set up for those who wanted to register to vote.

When Smith and Terry found out that the large turnout of young people at the event was because Castleton added it to its Soundings schedule, they opened up about just how important integrating the younger generation into U.S. politics.

"The last time we had a program like that, in my memory, was in fourth grade," Smith said. "So, it is an important evolution for higher education and I know Dave Wolk is really focused on civic engagement."

The audience was definitely passionate. You could tell which groups of people were rooting for which candidate by their reactions to some of there comments.

The Carly Fiorina fans would clap and cheer after one of her longer-than-30 second monologues. It was as if they were hoping she could hear them through the big screen.

There were mixed reactions about Donald Trump that night. There was roaring laughter when he took a jab at Rand Paul, who said that Trump shouldn't be attacking people on their appearance.

"His response to attack people on their physical appearance; short, tall, fat, ugly. My goodness, that happened in junior high. Are we not way above that?" Paul said.

Trump responded, "I never attacked him on his look, and believe me there is plenty of subject matter right there."

This was the extent of "Trump hate" though. In fact, much of the audience was nodding in agreement to some of the points he was making.

In the after discussion, audience members along with Smith and Terry agreed that Trump was less of a character during this debate.

"The candidate with low energy toward the end, seemed to be Trump," said Terry who also believed that Fiorina will be dominating the next polls.

"I thought Trump was clownish," Smith said.

"He has been all along," a female audience member chipped into the discussion. To which another audience member said, "It was amusing at first, but it almost came off as disrespectful to the process."

The audience, then devoid of students, believed that much of the debate did not reflect well on the Republican party as a whole because much of it was back and forth, high school-type arguments where one candidate was constantly trying to one up the others by stating all of the good they have done in their past.

The opening statements of the night and introductions of the guests were made by Bruce Bouchard, executive director of the Paramount Theater, and Rich Cowden, a Soundings instructor and director of Casella Theater at Castleton.

"We are interested in all of you being here, but especially the students who are here," Bouchard said during his opening remarks. "We hope you will walk through this whole process with us, we hope it will inform you, and possibly change you."

Continued on Page 6

Snapchat new feature is fun, but fading fast

By Callie Ginter
Castleton Spartan

For a couple of days, it seemed like puking up rainbows and looking like a zombie were major priorities for a lot of Castleton University students who were using the new Snapchat features.

But like other social media options and gadgets, people either become infatuated with it, get bored of them quickly, or the app changes before anyone even had a chance to use it.

Junior Daniel Aiello is one who uses the new animation feature saying it's something different.

"I love it. It's a lot of fun and makes snapchatting less awkward," he said.

Sophomore Reba Miller agrees that it's a neat idea, but thinks it will fall off the bandwagon soon. In fact, it already has in her social media world.

"I got lazy and just went back to reg pics and videos," she said.

Junior Aiden Edward and junior Missy Dimock can't download the new features because their iPhone 4S model doesn't accommodate it.

"Mine doesn't work, but I wish it did, just so I can be like everybody else. I feel out of the loop," Edward said. "I wish I could throw up rainbows and look like a zombie."

And some students could really care less. Senior Nick DeBartolo doesn't have the new features – and doesn't want them, with one exception.

"I thought it was kind of funny and cool at first, but it got lame after like one day, and yeah I wanted to do it, mainly the old-person face, but I wasn't like devastated when I couldn't," he said.

And for those reading this who are thinking, 'Wow, how cool, I'm going to start using these Snapchat tricks to contort the faces of my friends with rainbows and zombie features,' well, you can't. Snapchat was recently updated and removed the rainbow feature as well as the scary faces feature.

According to an article on Techrader, the features are changing quickly and people shouldn't get, "attached to the lenses."

"A new lens appears each day, with one dropping off when a new one is added," said James Peckham, spokesperson for Techrader.

COURTESY PHOTO

Reba Miller and Jared Leno experiement with the new Snapchat features.

What's going on?

Heather Robinson
&
Christin Martin

Question: How do you take your pumpkin spice?

Molly Smith
Junior

"I really don't like anything pumpkin. Like, I can't even do pumpkin pie, I'm the biggest weirdo at thanksgiving."

Andrea Kibling
Sophomore

"Probably cookies, pumpkin spice cookies. They're really good!"

Tony Sawyer
Junior

"I don't like pumpkin spice."

Caitlin Sweenor
Sophomore

"Coffee, Starbucks Frappuccino."

Dean Jonathan Spiro

"I like cold pumpkin pie with lots of whipped cream."

Q&A with professor Andrew Vermilyea

By Sara Novenstern
Castleton Spartan

Environmental chemistry professor Andrew Varmilyea is a native of Clifton Park, N.Y. who loves the classroom, and running for 120 miles at a stretch. The married, fifth-year professor and owner of a black lab and a rescue dog chatted about life last week.

Q: What are your goals as a chemistry teacher?

A: "It's in environmental chemistry in general that I teach, but I also try to do a lot of research with students. I write research grants that fund myself over the summer, but also funds students to do research in the lab and so a lot of those students go to conferences to present their work and things like that … They'll basically make a big poster like you see some of the posters out in the hallways here and they'll put all of the research that they've done and the data they've collected, the results they see, their conclusions - put it all in a graphical way where they can then have a conversation with professionals in their field about their research."

Q: What is the best part about working here?

A: "Being able to work with students all the time. I mean that's why I wanted to work at a small school, so you can actually get to know people. I didn't want to just like show up at a lecture and see a blur of faces. And being able to do the independent research, I feel like we're really creating scientists, people that can do things after they get out of here. It's more than just classes."

Q: Do you have any uplifting teaching moments with the students?

A: "It's just awesome being able to get emails and the contact you get after people graduate is pretty awesome.

Q: Why do you seek out all these grants?

A: "Basically I wanted to give students the same kinds of opportunities I had in undergrad. So the only reason I'm a professor now, the only reason I was able to get to graduate school originally, was because I had all of these rich experiences with faculty that were on my resume, which prepared me for graduate school. And so in science, going to class is not enough.

Q: You studied in Alaska and Bermuda, which was better and why?

A: "I lived in Alaska for two years so that was just an awesome experience. I lived there for two years after I got my PhD. It's just a close-knit community because there are no roads connecting it to anywhere else. You either need to take a boat or an airplane to get out of there and the environment is just incredible. Glaciers and the land around you is your laboratory that we used. And so we'd just be going out to these incredible places to do our studies.

Q: Having lived in Alaska how do you feel about global warming?

A: "Yeah its super evident in Alaska especially where I was in Juneau, south east Alaska. A lot of our research was actually looking at effects of climate change on the landscape. And so even just the couple years I was there, you can see glaciers retreating year-to-year and like dwindling down. So a lot of our research was actually looking at – what is the effect on the water chemistry that's getting dumped out into the ocean as the landscapes change?

Q: Could you tell me more about Bermuda?

A: "Bermuda was like a two-week cruise and so there we were looking at mercury deposition in the ocean. You're basically working 24 hours a day – everything is bungee corded down."

Q: How many miles are your races?

A: "Anywhere from 50 to 120 miles.

Q: Does your wife run too?

A: "She is my support person. She's the one that is like taking care of my nutrition, getting me everything I need along the way because there are little places where she can enter the course and re-supply so she will assess my condition and like basically like give me whatever I need."

Q: What motivates you?

A: "I've always done a lot of endurance things. After college I started to do a couple iron man triathlons, but I didn't like being on the road all the time. I like more being out in the woods and on trails… I love testing my mind."

Q: What do you listen to when you're running?

A: "Nothing, part of it is being out in nature and being like part of that ecosystem, that environment – I just like to experience it all. I like thinking about my current state."

Q: How many of these races have you done?

A: "I have done like five 50-milers, one 100-miler and I have another 100 miler coming up Oct. 2, actually down in Virginia.

Q: What's it like being only a few miles from the finish line?

A: "After 50 miles or something like that, it's all in your head. Everything hurts and you feel like you cant run anymore, but somehow you run for another 12 hours still. I love that internal battle you have. The feeling of accomplishment when you've done something like that is incredible.

Q: What's a bizarre thing about you?

A: "I just like can't sit still really. I'm always tinkering with things."

For more information about professor Vermilyea go on his blog! http://vermontmountainrunning.blogspot.com/

Thursday night hotspot at Fishtail

By Abi Foster
Castleton Spartan

The hardest decision a Castleton student will have to make on a Wednesday night isn't whether they should finish their assignments or not, but rather what flavor of 50-cent wings to eat that night.

Buffalo? Deadliest catch? Parmesan? Carolina gold? Cajun? Lemon pepper? Jack Daniels? The Fishtail Tavern definitely doesn't make the decision easy.

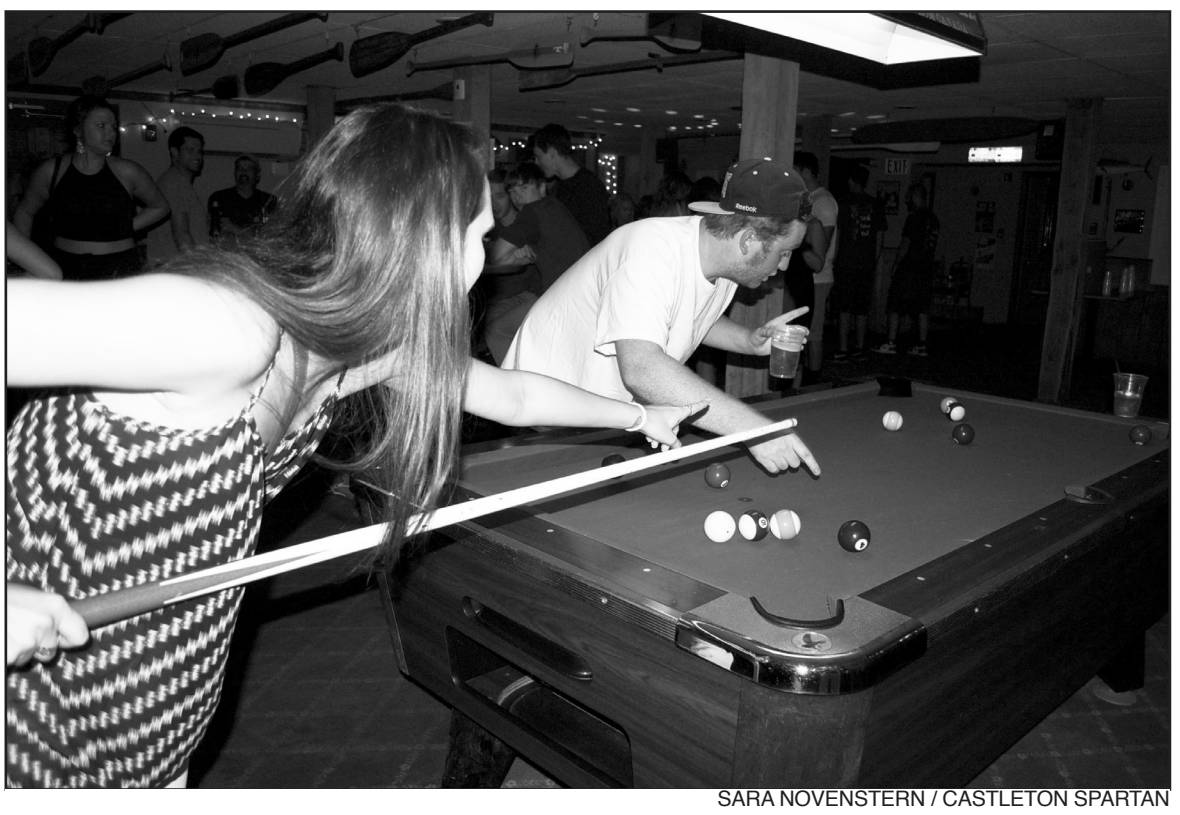
With a gorgeous view of Lake Bomoseen, the Fishtail Tavern has worked very hard at creating an atmosphere where both locals and college students feel comfortable interacting.

Dave Rogers, owner of the Fishtail, made it clear how much he and his staff strive to provide an environment for everyone.

"We are family friendly during the earlier part of the evening and a lot of the local families will come in with their kids," Rogers said. "And then obviously later at night, we are looking to have fun. We've got pool, music and games."

Although locals have been found to be "the Tails'" largest source of income, Rogers made it clear on how appreciative he is for the support from college students.

Contnued on Page 6



SARA NOVENSTERN / CASTLETON SPARTAN

Tess Bugbee lines up a shot with help from a friend at Fishtail Tavern, a hot spot for Castleton students.

Sam Green elected to advise WUIV

By Elisabeth Waller
Spartan Contributor

WIUV has a new advisor and many of the club's students are excited. Sam Green was unanimously voted to be the group's new advisor during a WIUV executive board meeting earlier this month.

"It seems like she's going to be a really hands-on advisor, which I think is really something we need," said Maggie Lewis, senior communication student and promotions board member.

Green, who has been the video broadcast technician of the communication department for the past five years, was asked to be the club's advisor by members earlier this year.

"I was like, 'well, I'm not going to be on the radio, ever.' And they were like 'ok,'" she said.

The group's former advisor is adjunct communication professor Robert Wuagneux. Wuagneux, whose DJ moniker is the "Rock Doc," will be taking a leave of absence this semester and consequently resigned his position at the station. Waugneux will continue to be involved as a DJ, and he is pleased with the student's choice for his replacement.

"Sam is great. That will be great. I hope she takes it because she's wonderful," he said.

The club has seen some reduction in membership over the past year, but the students are hopeful that this semester will mark a turn-around for the group.

"We've been riding a high my sophomore and junior year and we've kind of come down a little bit, so I'm trying to bring it back up to what it was and maybe more," Lewis said.

Lewis has also been promoting the station and trying to spread the word about the station's current need for more members. She wants to stress to students that they don't have to be on the air in order to get involved and that there's room for growth.

"If you're a communication student, this is the best," she said.

Green emphasized the career-building potential of involvement as well.

"Even if it's not your favorite job, get as many experiences as possible, and it will help in your career later," she said.

Working at the station helped junior communication student William Chmielewski secure a paid DJ position at WVNR in Poultney.

"It did help me out, I will say that…it got me on the air faster," he said.

Professor Robert Gershon, chair of the communication department, served as the group's advisor for 30 years before Wuagneux took over in recent years. He said that alumni who are former members of the group have become radio executives and station managers at other stations.

"The station has always been a really great opportunity for students to express themselves and get practice for careers," he said.

Castleton alum and former WIUV member Terry Jaye is now the operations manager at Catamount Radio. Next semester he will also be the radio programming and production instructor at Castleton University.

"I would love to see WIUV the most listened to radio station on campus," Jaye said, "If our newspaper is the number one newspaper on campus, why wouldn't our station be the number one radio station?"

Wuagneux says the station is important because it keeps everyone connected to what's happening on campus. In his time as advisor, he has seen involvement in the station boost students self-esteem.

"I've seen radio bring alive so many people in that room. They're just different people after they've had a chance to be involved with the radio. That's the key. It's a learning experience. That's why I would hope people would get excited about it," he said.

Sam Green

Talk of nearby pub has students excited

OLIVIA MAHER / SPARTAN CONTRIBUTOR

The old firehouse on Elm Street in Castleton has been rumored to be the site of a possible pub. While only a rumor, plans are reportedly being discussed for a pub on Main Street.

By Olivia Maher
Spartan Contributor

On Main Street Castleton stands an area brimming with social potential. Whispers around campus and nearby communities talk of the possibility of a university-backed bar to be placed on quaint Elm Street or in the space next to Castleton's most recent addition, The Bakery.

"A bar around campus would help to eliminate drinking and driving. So many other schools have bars around campus. I just think that as a university, it's time we allow the students that are 21 to have more offered to them," said Senior Nicole Folino.

From Main Street Castleton, one must make a 10-minute drive to Lake Bomoseen to be immersed in a pub setting at the Fishtail Tavern, a favorite stop for students.

"I feel like a lot of people don't go to Fishtail because it is so far away," said junior Dominique Valancius.

The students who do make the trip need to then find a way back to town, usually under the influence. This has resulted in many students getting behind the wheel of car after drinking if a taxi or Saferide can't be reached.

Castleton does offer a few options for hanging out, or as Sociology Professor Phillip Lamy calls them, "third places."

"All people spend almost their whole life in three places – home, work or school, and then in the places where community happens – coffee houses, parks downtowns plazas, pubs, beer gardens and so on."

Senior Matt Levins loves the idea of a local pub.

"I think it is a good idea if it is managed well, as in it would cause minimal issues to the community and campus alike. Having a bar would allow students a safer place to drink where they could be monitored rather than now where it's a free for all, and students tend to drink heavily whereas in a bar they could be cut off," he said.

Donald Billings, unavailable for an interview, is the founder of Roots Restaurant and The Bakery in Rutland. The Bakery II, Located in Castleton, is his latest creation and sources say he isn't stopping there and that he could be the catalyst for a local bar-type scene.

"At other colleges that I've worked at in the past, they have tried to propose similar things and a lot of times it has worked out pretty well because of closer proximity to home. You're not worrying so much about the students drunk driving or that sort of thing," said Communication Professor Jessica Cowden.

Lamy believes having a pub closer to campus could be a "fantastic idea."

"A big complaint around Castleton is that we don't have anything like that, there's no real pub or restaurant here. We have a coffee house but wouldn't it be nice to have more places for people to hang-out?" he said.

University President Dave Wolk agrees.

"I would support the development of a third place gathering spot where adult students could socialize with other adults, with or without adult beverages, acting responsibly in a mature, enjoyable environment. Period," Wolk said.

Wolk emphasizes the importance of treating neighbors and their property with the utmost respect if any bar type environment were to be developed.

Cowden agrees.

"I know that one of the biggest concerns right now is making sure that the university has a really good relationship with the surrounding communities," she said.

Though no plans have been set into motion and the rumors are just that for now, the buzz is a positive one as excited students look to see what the future of Castleton's third place scene will be all about.

International Film Festival makes films accessible

COURTESY PHOTO

Actors work on a scene for the film "Wilaya," a Spanish and Algerian production in the upcoming festival to begin Oct. 15 in Herrick Audito-

By Catherine Twing
Castleton Spartan

"International" is a buzzword around campus these days and the upcoming film festival is driving home that point further.

After a successful French Film Festival last spring, film studies professor Michael Talbott, with the help of a grant from Spanish and Latin American film distribution company Pragda, will bring five more international films to campus as part of the Castleton International Film Festival.

The festival will be held on Tuesdays and Thursdays at 6:30, beginning on Oct. 15, with all screenings free and open to the public.

All of the films are in Spanish, but have been made in many different counties including Paraguay, Uruguay, Germany and Spain.

"Most are co-productions. It's very international this time, despite that the films are unified by a common Spanish dialogue," Talbott said.

The last festival was popular among community members with the word being spread through mediums including Front Porch Forum.

"Community members said how grateful they are. They had felt the lack of cinema in the area," Talbott said, adding that the response he received from people off-campus was the most gratifying part of bringing the festival to campus.

Students also responded positively and a handful who were interested in seeing things from different countries attended multiple screenings. Most students, however, were encouraged to go for a class or Soundings, according to Talbott.

"The films are about issues that are definitely coming up in classes," he said. "There are an endless number of ways to incorporate these films into class."

Freshman Martin VanBuren is interested in film and sees the benefits to having a festival on campus.

"Bringing the film festival to Castleton gives students easier access versus having to drive a group of people to one," he said. "Secondly, it is important for students who may or may not be studying communication to be exposed to a variety of content that they would not normally go out of their way to watch. It's exposure that allows the individual to process everything they are seeing and spark questions they may have about media they otherwise would have never seen."

After each film, Talbott hopes to have a professor lead a discussion on a particular topic, another professor act as a mediator and ask questions and then he will speak from the perspective of someone who has studied film.

"It will also be a model of discourse for students to see how intelligent adults discuss things," he said.

Although the festival is already making great progress, he hopes to make it a more permanent part of the university.

"I would like it to get to a place where the college can financially support the festival. I would like a filmmaker to come and talk, but that takes a greater financial commitment," he said.

Anyone interested in the festival can visit castleton.edu/film-fest for more information.

Travis Scott's album 'Rodeo' great

By Drew Hersom
Castleton Spartan

It seems like promotion for Travis Scott's debut album, Rodeo has been everywhere this year; lead singles "3500" and "Antidote" have been straining subwoofer systems all summer, even if their radio potential is hampered by indulgent song lengths. If these grandiose singles effectively built up anticipation for Scott's debut, then the two throwaway tracks he dropped featuring fellow prominent 2015 rap trendsetters, Future and Young Thug, were just fuel to the fire. Scottmania boiled up a month before the album's release when Scott was arrested on the main stage of Lollapalooza for allegedly inciting a riot by performing his song "Uptown". While he's been asserting that this new album will be the best thing he has released, Scott is known to be somewhat arrogant about his work. Fortunately, Rodeo delivers everything good about Scott's previous mix tapes while pushing the ideas to their next evolutionary step.

Scott has never shied away from packing guests' voices onto his tracks, but these sixteen tracks squeeze in twelve features, some of which don't fit well with his style. Justin Bieber sounds very out of place on the drowsy, dissonant production of "Maria I'm Drunk", but Young Thug's wildly careening verse saves the song. The late album collaboration with chillwave producer, Toro y Moi, "Flying High" is a particularly unwise choice; it requires both artists to alter their styles, meeting somewhere in the middle where they won't find many fans in either of their audiences.

Rodeo bears the signs of being a heavily curated debut, running along at a cinematic pace with unpredictable musical asides and constantly shifting elements. Scott has an unusual amount of control over his sound since he handles the majority of production and everything about these songs from the ad-libs to the larger than life production reads as a testament to Scott's good taste. There's no doubt that he has a distinctive style and lots of interesting ideas for songs, but it doesn't seem like the young producer has refined his voice enough to carry an album on his own. There are only six songs that Scott performs alone and the one case in which they appear right after the other is the album's biggest dragging point. Scott's enthusiasm and maximalist production tendencies can make his albums feel topically and sonically monochromatic at times; short bursts may be the best way to enjoy Travis Scott's music. Rodeo is a daunting project to listen to from beginning to end, but it works very well as a great collection of songs from one of rap's most consistent new voices.

August: Ausage County scores big

By Catherine Twing
Castleton Spartan

The Castleton theater department's production of "August: Osage County" this past weekend was full of twists and surprises.

As one of the characters says, everything happens somewhere in the middle. That couldn't be more true in this play where everything that happens is somewhere in the middle between sad and happy, funny and horrifying, insane and somewhat less insane.

The set, designed and built by students, was the most elaborate I've seen at Castleton. It included three levels and was designed in a way where you could see six distinct scenes within the set. In some scenes, action was occurring in one part and you could still see what was going on in the other rooms. It gave the show more life and reminded you that, like in real life, many important things are going on at the same time.

Another interesting element was how the set acted as a character itself, changing between the three different acts. As the show progressed, the set, the office section in particular, changed to match the new situation. The set was also very detailed with many small books and trinkets covering the shelves, and a china cabinet filled with dishes.

Although the play was nearly three hours long, the action was so intense and exciting you hardly noticed.

The male characters looked great with graying and other features that transformed them from college students into middle-aged men. The girls, however, could have used some additional features to show their age. Besides the costumes, the characters in their 30's and 40's looked the same age as the ones in their 50's and 60's.

A complaint I usually have of shows is that the intense scenes were not loud or powerful enough. I was completely satisfied by the intensity and contrast in this show. It had a great range with very high, loud, crazy moments and then dropping down to quiet, deep ones.

While there are plenty of parts that draw out emotion, there was one part where I actually started to tear up. It might be because silence is so powerful or because I'm a sappy 20-year-old girl, but I almost cried when the character Barbara says "I love you" to her estranged husband Bill as he walks away. He pauses for a few seconds too long before walking out the door, not saying a word. That silence was heavier and more painful than anything he could have said.

There wasn't a single actor who didn't do a great job, but a few stood out more than others. It's hard to say who the lead is, but besides the deceased Beverly Weston, whose death is the catalyst of the entire plot, it would come down to Violet Weston played by Katy Albert or Barbara Fordham played by Jess Poljacik. Both of these women did amazing jobs portraying their characters. Albert's character is a pill popper from the start, completely out of her mind and speaking nonsense most of the time. Poljacik's character starts off as if she is in control of her life, but by the end she has assumed control of her family, lost her husband and is struggling to stay sane.

PHOTO CONTRIBUTED ASHLEY FRANCIS

Nick Marshall (left) and Dalton-Jesse Cummins (right) perform a scene in the Castleton theater department's latest show "August: Osage County."

Karsen Woods played the part of 14-year-old Jean Fordham, a rebellious teenager who thinks she knows better than her parents. Woods played this part very well, convincing the audience she was this young girl.

Meaghan Hakey also deserves recognition for her role as Mattie Fae Akin. Hakey's character serves as the comic relief in many situations as she nags her husband and tries to help the family.

Finally, the character of Johnna Monevata, played by Lexi Fryover, acts as the silent glue of the entire show. The opening scene is Mr. Weston hiring Monevata as the live-in house keeper to cook, clean and take care of Mrs. Weston. Throughout most of the show, her only appearances are at meal times or when she needs to clean up. It isn't until Jean Fordham is being supposedly molested by Steve Heidebrecht, played by Garrett Robin, that Monevata steps in and changes the course of the plot. Because of her, many things are brought to light. The family has all left the house and it is just Monevata comforting Mrs. Weston as she cries.

This show was definitely worth watching, despite the length. The audience hardly went a few minutes without gasping or laughing and I think that's a sign of success.

Castleton alum displays artwork at gallery

By Nicole Webster
Spartan Contributor

While working at the Castleton Downtown Gallery, Sarah Karczmarczyk watched a little boy look up at a painting by Kathryn Wiegers titled "Lego Robotic Hand" and drop to the floor.

"He was the only one willing to lie down on the floor to see the perspective that quickly," Karczmarczyk said.

The gallery has very low ceilings, so he was right to get down low to see it. Karczmarczyk said the painting is soon headed to Rutland's Wonderfeet Museum, which has very high ceilings, so it will be in the perfect location.

Weigers is a muralist in the Rutland area and has four murals downtown. She has a new one that will be revealed at a yet-to-be-disclosed location on Halloween this year downtown.

Bill Ramage, a retired art professor and now visual arts consultant for Castleton University, wanted Wiegers to be featured at the Castleton Downtown Gallery because her murals add beauty to the community.

Wiegers had 21 works in the gallery, some small and some large. There is a full-size mural of hers in the alley next to the entrance of the gallery, which is one that stands out to Ramage.

"I like the one in the alley, with the truck," said Ramage, saying he loved its charm.

That mural has an old Chevrolet pickup truck, two cows, fields, and shows a painter on a ladder on the left and another hanging down from the top right.

Wiegers favorite piece in the gallery is titled "Eve," in part because it's different from her normal works.

"Painting on a small scale is usually difficult for me, so this was a challenge. Also, I felt very passionate with what I wanted to express at the time that I sat down to paint the painting. I completed her in one evening without stepping back from the painting to look at it. I wanted to paint from my gut instincts and not overthink it. When I was finished, I was surprised to see that I had conveyed the feeling I wanted in this painting," Wiegers said.

Ramage said his favorite painting of hers in the gallery was "Koi Fish" because it reminded him of a mural she has downtown in an alley by Kelvans restaurant.

Wiegers has a degree in biology that was partially earned at Castleton University. When she moved to Vermont from Pennsylvania, she said she needed 12 credits to complete and did that at Castleton.

For two of those credits, she was allowed to paint a mural in the science department's student lounge. Wiegers said she didn't know that she wanted to be a muralist then, but it was great for her.

A lot of Wiegers' artwork includes animals. Horses are easiest for her to paint because she grew up with them and spent time grooming them and learning their muscles.

"The most difficult animal so far for me would be goats and sheep; their faces are challenging," Wiegers said.

NICOLE WEBSTER/SPARTAN CONTRIBUTOR

A mural painted by Kathryn Wiegers hangs in Rutland outside the Castleton Downtown Gallery.

Sci-fi movie Alien is beautiful with impressive effects

By Jimmy Britt
Castleton Spartan

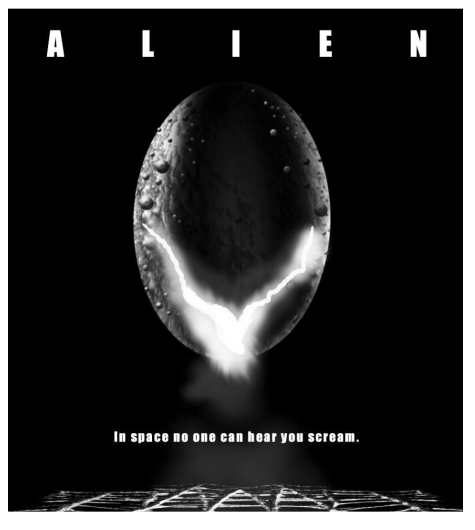
Critics will argue that "Alien" is one the best sci-fi horror movies of all time. They'll say that it's because of the unique plot. Others will say it's because of camera works, lighting or sound. But what truly brings the horror and fear to "Alien" is the practical effects of the alien.

When the alien makes its first appearance as the Facehugger, we see this pale blind fleshy spider like creature that attaches itself to actor Sir John Hurt. It's a puppet that was made with sheep's skin put on it in order to truly make it look alive. Because of the looks of the Facehugger, people are still terrified of the movie. As the alien starts to evolve we get to see its horrifying transformation.

Later in the movie after the Facehugger releases itself from Hurt and dies, Hurt seems to be completely fine until the dinner scene. During dinner, and a celebration of Hurt's clean bill of health, something seems to be going wrong with his chest. As he thrashes in pain we see something pushing its way out of his chest.

As the Chestburster pierces its way through Hurt we see an amazing and elaborate piece of puppetry. A fake torso of Hurt was made for the alien to burst out of with real cow's blood and intestines to give a truly gruesome look. The best part about this is that only Hurt and the technical crew knew about what was going to happen. So the looks of horror and fear are truly genuine amongst the rest of the actors. Once this happens, we get to the true form of the alien.

The final alien costume is an elaborately made piece that has snake spines, plasticine and Rolls Royce parts infused into it. Also an actor was put into the suit to give the Alien life and its disturbing mannerisms. It is because of all these factors, that not only "Alien," but the practical effects as well, have held their reputations.



Vandalism spray paints Castleton

Continued from Page 1

Frustration is the main feeling among students.

"You pay money to go to a school so you feel like you should be able to park your car and not have to worry about it," said Lumsden.

"There was a knife in my car and I have yet to hear anything about that," said Lisack

No arrests are eminent but Castleton police don't think the vandal is a Castleton student.

"Any suspects that we may have or think are linked are not students," said Castleton Police Chief Peter Mantello.

Molinari, Lumsden and Mantello all agree that this behavior does not reflect the behavior that is seen day to day on campus.

"I think it does detract students from Castleton, but in the grand scheme of things, at Castleton, there is so much great here to come for," said Molinari.

PHOTO CONTRIBUTED BY NATHAN LUMSDEN

Nathan Lumsden takes a photo of the swastika symbol keyed into the hood of his car.

Debate sparked discussion, boos

Continued from Page 3

Half way through the debate, however, Cowden allowed the Soundings students to leave, and when he did, about 80 percent of the audience was lost.

Although nearly all of the students left when they were dismissed, they were attentive and engaged in the debate.

At the end of the debate, there was scheduled to be a discussion with Terry and Smith about the debate with the audience.

Plans changed when the debate went wildly later than expected. The back-up plan was to cut the debate short and move on directly to the discussion, but much of the audience was not pleased with that.

Scattered 'boos' and other muffled disagreements were shouted to the hosts. One audience member shouted, "We came here to watch the debate and we are not leaving until it is over!"

Cowden and Bouchard agreed that the best decision was to continue the debate playing in the theater, but to take the discussion out to the lobby for those who didn't want to be home after midnight.

Project 240 will continue with the Democratic debate on Nov. 14. This event is also listed as a Soundings event.

University welcomes international students

Continued from Page 1

"You may only play with the international students for a couple of years, but in the end you will be lifelong friends," Eder Said.

Coordinator of International Student Services Deborah Singiser is excited to see how the international students will impact the university in all aspects of student life.

"My hope is international students on campus can spark an interest in an American students' mind. That all of a sudden just through conversation, a student that has never left the state of Vermont will see the world through a different lens," Singiser said.

Talking to students like Kinyenje Ngigi from Kenya shows you how different cultures are.

Ngigi said so far he really is enjoying his experience at Castleton University. He said he is looking forward to rugby season and really enjoys the challenges in the classroom.

However, he has faced some other less-fun challenges.

"The food is so much different. I am use to food that has a lot more taste with various spices," Ngigi said as he brought his fingers up toward his mouth.

He also said there have been some social adjustments – but he's working on them.

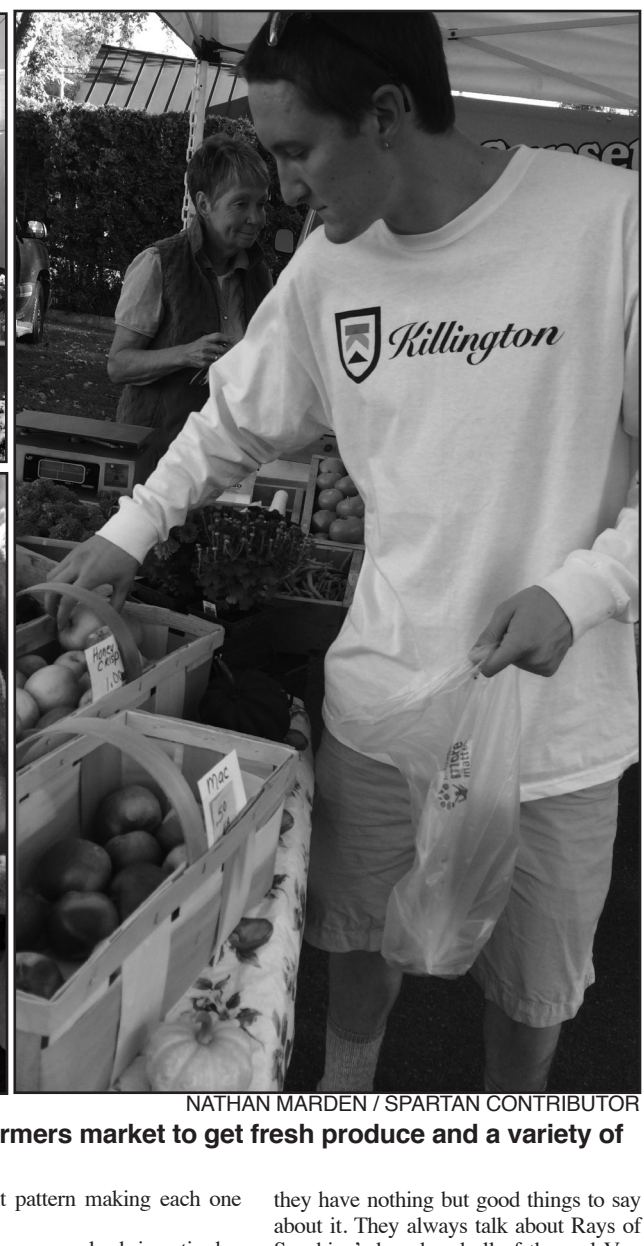
"Women south of the equator are generally warmer, much easier to talk to and easier going. I find it harder up in the north to talk with women," Ngigi said with a smirk.

Over the next couple years Castleton University hopes that at least 5 percent of the student body will be international, Singiser said.

"All it takes is for one of our Swedish students to like a link on a Castleton page and then all of their Swedish friends back home will be reading about Castleton University," said Ben Stockwell, director of Athletic Communications.

Students eat farm fresh

By Nathan Marden
Spartan Contributor



NATHAN MARDEN / SPARTAN CONTRIBUTOR

Students and residents visit Castleton's farmers market to get fresh produce and a variety of items - including tie-dyes.

Every Thursday, Nancy Edson loads up her van full of homegrown vegetables, fruits and flowers and makes way to the Castleton Farmers Market. The inside of her van is filled with cherry tomatoes, big tomatoes, radishes, green beans, broccoli, cucumbers, Macintosh apples, summer squash, green peppers, yellow peppers and even peppers that are red.

When she arrives, she sets up her tent and three tables and then begins to unload all of her items out of her van for display. One by one, Edson neatly places the produce next to each other. Apples next to the broccoli, beans with the squash, and the colorful peppers cuddled up next to the tomatoes.

"My husband grows it all. He goes out and harvests it, brings it in, washes it all off, sorts it all out, so it's all ready in time for the Farmers Markets. He has been working outside all summer through this 90-degree heat putting up a high tunnel. With this high tunnel, you can grow a month sooner, and later, in the growing seasons," Edson explained.

Edson and her husband, Alfred, have been venders at the Castleton Farmers Market for almost four years now. Their farm, "Sunset Hill Farms" is located on Route 74 in West Cornwall, Vt. They have been selling fresh produce, handpicked, since October of 2007. When they're not busy in the garden, Nancy and Alfred get their produce ready for the four farmers markets they attend during the week.

"Wednesday, Middlebury, Thursday, here at Castleton, Friday I'm in Brandon, and then Saturday, it's back to Middlebury," Edson said.

Castleton Farmers Market has been in the center of town for seven years. Every Thursday between 3:30 and 6 p.m., local foods, crafts, and even tie-dye clothing are put on display for purchase. About 20 different venders, some old, some new, register to sell local goods to Castleton residents between the months of June and October. Venders bring all sorts of items to sell. Tents are filled with goodies including fruits, maple syrup, homemade bread, vegetables, flowers, canned goods, jams and jellies.

Lori Baker has been attending these farmers markets since they started. The first year, Baker, was just another vender in the market, but by the time the second one rolled around, she found herself organizing the whole event. Although she has been involved with other farmers markets and around the area, organizing one brings different challenges.

"I got roped into it, but I don't mind. At first I was a little afraid to do it, you know, managing this and getting the venders and dealing with all the people. It's stressful," Baker said. "But it's still good. Sometimes we battle with weather but nothing you can control."

Although she stays busy keeping it all organized, Baker can been found hidden behind her mound of jars filled with different jams, jellies and other canned foods such as dilly carrots and pickled onions. All the jars of jams and jellies are lined up next to one another; each one so beautifully colored when hit by the sun.

Next to Baker's tent, is Good Vibes Tie-Dye. Owned by Jes Bryant, Good Vibes brings a whole new flavor to the market with its colorful t-shirts, socks, tapestries, and onesies for babies. Almost like fingerprints, each item of clothing has a different pattern making each one unique.

"I have seen people bring tie-dye clothing to sell at farmers markets back home in New Hampshire, but it wasn't as good quality as the ones here. I don't own any tye-dye items, but I could for sure use a tapestry in my dorm room," said Junior Aminah Orogi

Other students just enjoy the wide variety in products you can buy from the farmers market. It not only helps drive local business, but also brings fresh foods and creative items to the residents within a friendly atmosphere.

"I think it's cool. We never had anything like this back home in Cleveland," said senior Mike Ruggiero. "I haven't gone much, but many of my friends have been starting to go there more often, and they have nothing but good things to say about it. They always talk about Rays of Sunshine's bread and all of the real Vermont maple syrup."

Brooke Naylor, a junior at Castleton University, said one of her most memorable dinners with her boyfriend consisted of foods purchased at the farmers market.

"Not only was it the best dinner because of the quality and taste of the food, but also because of the experience. Going to a farmers market and picking out your own vegetables makes your meal that much more meaningful. Seeing what you're able to create with simple foods from local farmers is better than anything you're going to come up with from the grocery store," Naylor said.

Fishtail also family friendly

Continued from Page 4

Aiden Ells-Payne, a junior at Castleton has been a dedicated wing night participant since he started attending college.

"I go to wings because it's a fun environment to socialize at," he said. "It's a nice place to kick back from a long day in class and eat some tasty wings along with good, cheap drinks."

Locals feel the same way.

Jess Cowden, one of the communication professors Castleton University, considers her family to be regulars at wing night and said they always have good experiences during their time there.

Cowden explained how she and her family feel right at home when they come out on wing night.

"We have become very good friends with Dave Rogers, but specifically we love how we can show up super early with the kids, who have developed a great relationship with all the servers, including Dave Rogers; and they let them kind of just run around and have a good time," Cowden said.

In a college town with very limited dining options, Castleton University students have to look elsewhere places to socialize and unwind.

SARA NOVENSTERN / CASTLETON SPARTAN

Dylan Krause dances at Fishtail on Thursday.

And while Wednesday's are know for wings, Thursday nights have become known as the bar night for the college students in this area and Fishtail has become the place to find $1 PBR's and $2 shots of the week.

With tunes from a DJ, Thursday nights are the nights all the "of-agers" swarm together and start their weekend a day early. However, these two typical college nights are being joined by another weekly event called Trivia night; which takes place every Sunday starting at 7:30 p.m.

"We do $2 per (person) and the winning team gets to take home the whole pot," said Mike Mamunes, tavern manager. "And then every semester we are going to be doing something kind of like NASCAR, meaning that every team who wins will automatically make it to the finals and will be entered in to win a $250 gift certificate here."

Remission after student donation

Continued from Page 1

When a patient's life is at stake, the donor can feel extremely nerve-wracked and anxious. If the transplantation works in the patient's favor it can be immensely rewarding for the donor.

"It's very rewarding. At first I was very skeptical, because I wasn't sure what to expect, because I didn't know who she was. Once everything was set and done two months ago, I had my blood follow up and she's in remission, so that makes it so much more rewarding," Czarnecki said.

Czarnecki's courage and bravery to help someone fighting this disease has gained support from people within the Castleton community. Karen Sanborn, coordinator of the media center, gave her insight on the decision to donate.

"I think it's awesome. I'm on the registry. I just think it's a wonderful program to be involved in, and the fact that you can save someone's life and only feel a minimal amount of pain," Sanborn said.

In a situation where the patient could potentially not benefit from stem cell transplantation, it could be devastating and even result in death. Czarnecki felt trepidation as she went through this process, but has recognized the importance of saving a life, and will eventually meet the patient as she is in remission.

" Unfortunately I can't meet her until next year, just because of confidentiality, and if things don't work out they don't want us to build a relationship and then have something happen. She did send me a card and I'm in the process of getting together a letter to send to her," Czarnecki said.

Czarnecki's involvement with Be The Match began on a whim, but through the experience has changed her life.

"I signed up for the Be the Match program my first year here in 2012, and I didn't think much about it. My friend just said 'Let's go sign up!' I just said 'Okay, whatever this is,' and I got the call over spring break last year saying I was a potential match and I kind of freaked out," she said.

If people within our community are educated about health issues they too can get involved and save a life.

"It's great that Deb [Choma] is running a class through the Be the Match organization. Also this article will inform people and let people know helping can be positive," Sanborn said.

The Be the Match organization has helped students like Czarnecki leave an imprint on another life. Choma runs the donor drive on campus and is a part of the organization. Choma has witnessed many matches and miracles through her years being involved with this organization.

"This organization is absolutely successful. Every single match is truly a success. In one year, donors get to meet the person they donated to. It's so cool. It's a miracle. It's like a baby being born," Choma said. "The age population I work with comes up with frequent matches. The population is young, healthy, and vibrant so this process seems to be more successful with the younger generation. If students sign up for the international registry there will be more success because the matches are not just confined to the United States. DNA is collected from the students and then you can possibly go through 100,000 potential donors, and the chance of coming up with a match is more likely on the international registry. In the past seven or eight years I've been involved, there have been several matches, and it's a miracle when it happens."

Health issues are unavoidable, and instead of simply standing on the sidelines people can contribute to help those suffering with diseases. Getting involved in your community, or educating yourself and others on health issues will raise awareness. Students like Czarnecki joined an organization on a whim, and it ended up being a life changing experience.

Costello continues to shine

By Kathleen Webber
Castleton Spartan

Everyone has a talent but what is rare is having the courage to follow it. Mallory Costello, a senior on the women's soccer team, started her last season of her soccer career off on a terrific note here at Castleton University.

"It is very hard to think about this being my last year ever playing soccer. It really hasn't hit me yet, but I know it will when it is all over. I've played soccer since as long as I can remember and it has been a huge part of my life," said Costello.

Starting off the season Costello has already scored a total of seven goals.

"I never expected to have scored seven goals so far in that many number of games. I could not have asked for a better start," said Costello

Costello hopes to continue on this path throughout the season and to have fun with her teammates.

Costello has had great success in the past years. 2012 ECAC New England Division III Rookie of the Year, 2012 Player of the Year and NAC Rookie of the Year. 2013 New England Women's Intercollegiate Soccer Association All-New England Third Team, 2014 NAC Player of the Year, 2014 NAC All-Tournament Honors and chosen as NAC Player of the week three times in 2014.

Even with Costello's achievements she doesn't feel any pressure going into this year.

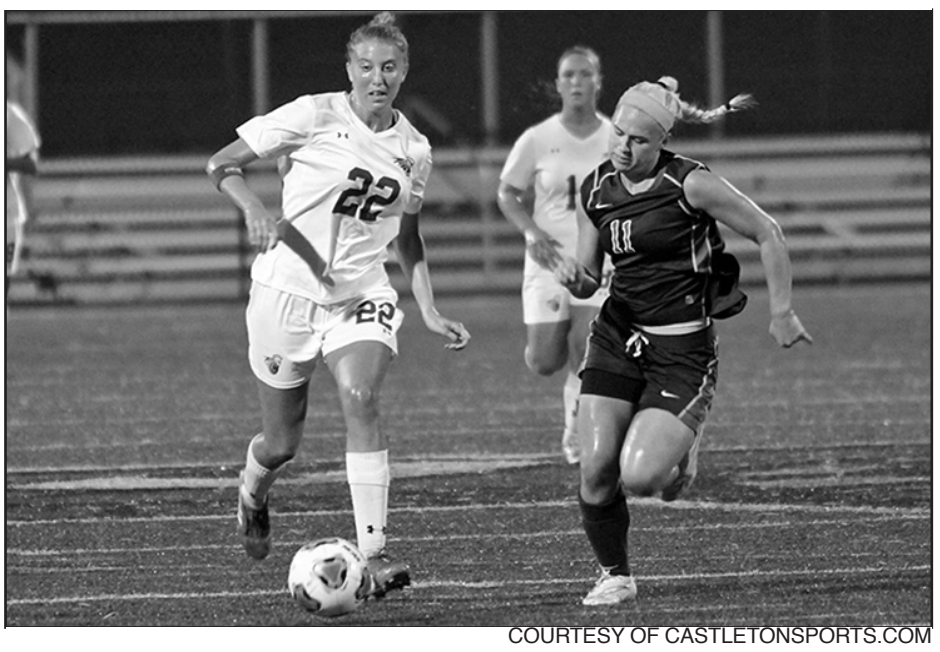
"I hope to just have fun this season and do everything I can to help my team win the NAC championship and then win our first NCAA game in Castleton history," said Costello.

Although this is her last year playing soccer at Castleton, Costello said she has made lifetime friends.

"I have met so many people that will be a part of my life forever and people I consider my sisters. I honestly could not imagine what college would be like without playing on this team," said Costello. "The girls are so supportive and great to be around, on and off the field."

Costello emphasized how thankful she was to her team.

"My teammates are a huge part of my life and I am truly going to miss every single one of them when the season is over," Costello.



COURTESY OF CASTLETONSPORTS.COM

Mallory Costello dribbles past a defender in a game earlier this season.

Where is the dome?

By Emmitt Ackerman
Spartan Contributor

Students are going to have to wait a few more months before they can use the long-awaited Castleton University athletic dome, and some are getting sick of waiting.

"They got it the fall of my sophomore year. I'm a senior now and it's still nowhere to be found," said Justin Del Bianco, a senior and member of the Castleton golf team.

Castleton University received the athletic dome from Middlebury College in May of 2013. The university is now finalizing the plan to put the dome in Rutland Town, next to Spartan Arena**,** school officials said.

"We are presently in the permitting process and if all goes well there, we hope to have it completed in early spring of 2016," said Scott Dikeman, dean of Administration and CFO at Castleton.

The dome will have a turf surface and be surrounded by a rubberized track. Club and intramural teams will have access to this facility and the university's athletic teams will be able to host practices here year round, school officials said.

"It will be great for bad weather and long winters," said Tyler Higley a junior on the football team.

The Rutland community will also be able to benefit greatly from the construction of this athletic dome, Dikeman said. The University has plans to use the dome much like Spartan Arena.

"It will serve as a regional recreational facility for the community," Dikeman said.

Rutland residents are also looking forward to this addition to the town.

"I think it will benefit Castleton University sports and Rutland's community**,**" said Del Bianco, who is also a resident of Rutland Town.

COURTESY OF ASHLEY CALLAN

Aidan Ells-Payne fights for the ball during Castleton's first home match against Salem State last Sunday.

Men's rugby is back

By Abi Foster
Spartan Contributor

In 2014, members of the Castleton University men's rugby team faced the harsh realization that a year-and-a-half suspension from their favorite sport was upon them.

It was a fitting punishment for a hazing incident that was brought to light during an Effective Speaking speech presented in class by one of the freshman players on the team that year.

Now, almost two years later, team members say they have learned their lesson and plan on making this season as positive and rewarding as they can.

Aaron Clark, president and captain of this year's team, has very high hopes for the future of the program.

"We are changing the whole dynamic of the club!" Clark said excitedly. "Not only are we hanging out as a group and doing things that are not substance related, but we are now practicing every single day."

According to a national study on hazing, researched by the National Academy Foundation, more than half of college students (55 percent) who are involved in clubs, teams and organizations have experienced hazing. An even more jaw-clenching statistic is that nine out of 10 students who do experience hazing do not even consider themselves to have been hazed.

It raises the question, should someone be punished for participating in something they *chose* to do?

The official definition for hazing, provided by the government funded website stophazing.org, states it is any activity expected of someone joining or participating in a group that humiliates, degrades, abuses or endangers them regardless of their willingness to participate.

Dan Beauregard, captain of the team during the hazing incident, commented on how expectations were taken too far, but there was never any intention to hurt anybody.

"The idea of having fun just got taken out of hand," he said.

An alumni player, Matthew Caiazzo, was among a group of players who were seniors at Castleton when the team got suspended.

"My initial reaction was pure shock," Caiazzo said passionately. "To me, college was hazing in general. You need to step outside of your comfort zone to meet some of the best people around."

Caiazzo played rugby his whole time at Castleton and explained that there is more to the sport than what people have made it out to be.

"I hope that the same family atmosphere stays intact because that's where a lot of members of the team built long-lasting friendships and strong time management between classes, homework, friendships and the time commitment that comes with playing a sport. It is just like any other varsity team," he said.

Incidents of hazing can be found all over the country and can range from varsity sports to a school's honor society, however the Castleton men's rugby team is now looking for new ways to break out of that stereotype and focus their energy on positive ways to build teamwork and trust.

In the past, most hazing has been directed at new members who join a team or club or fraternity.

Clark explained how that is not the case for his team.

"They are players on our team, there is no difference between someone who has been here longer than someone who just started. You show up to practice and work hard. I don't care if you've been playing for eight years, one year or two days. You're a rugby player. We are a rugby team. That's it."

Regarding changing past traditions, the men's rugby team is now teaming up with the women's team in search of local community service projects to volunteer at as a team.

Captain and coach of the women's rugby team, Kathleen Thompson, talked about what exactly they are doing to stay focused on healthy group activities.

"We added not only a fund-raising officer, but a philanthropic officer as well!" Thompson reported with a huge smile across her face. "We've teamed up to do a bunch of community service projects as a huge club team and plan on cleaning up the Chittenden Dam. We care a lot about the boys' team and it is also good for the women's team to get involved as well. It is also good for us because it makes us an even tighter knit family, which is what rugby is really all about," she said.

Jordan Hill was voted as philanthropic officer of the team and has been working endlessly for both the men and women's team to get involved in a handful of community service projects.

"I think that the community service is going to help us get away from the stigma that the hazing incident has created for the Castleton rugby teams," Hill continued, "as well as divert any attempt or intention of hazing in the future through the hard work we are putting in to better the name of the Castleton rugby club as well as the name of Castleton University."

Are the Patriots cheaters?

COURTESY OF TAYLOR ROCK

Tom Brady and the Patriots take critizism about delating footballs in the 2014 AFC Championship game.

By Taylor Rock
Spartan Contributor

In 2007 there was "Spygate." Fast-forward to 2015 and we have "Deflategate."

But what do students at Castleton University think about the New England Patriots apparent cheating ways?

Some students feel Tom Brady and the Patriots are cheaters and should be

punished while others feel the NFL is simply out to get them.

In Deflategate, the NFL found in its investigation that 11 out of the 12 footballs used in the AFC championship game were under the league minimum of 12.5 psi making some fans come to the conclusion that the Patriots were in the wrong.

"I mean c'mon on, that is pretty blatant. That's blatant cheating," senior Matt Woodward said.

Senior Kevin Mccarthy is not a fan of the Patriots and feels they and Tom Brady are guilty of purposely deflating the footballs.

"Tom Brady has to cheat to win," Mccarthy said.

While some fans feel Brady cheated others believe Brady had nothing to do with the deflated balls.

"To be honest, I don't think he would even know, he is on the sideline and he goes out to the huddle and he is given a ball," senior Chris Jurnak said.

While students argue whether or not the Patriots knowingly deflated footballs others argue if the deflated balls made any difference in the 45-7 win by the Patriots anyway.

"The Pats won 45-7 and besides, it is harder to throw a deflated football then it is to throw an inflated ball," said senior Tim Marsh said.

The(se) allegations led to a $1 million fine for the Patriots, loss of draft picks, and a four-game suspension for Brady that was eventually overturned. Many students believe that the punishment handed down by NFL Commissioner Roger Goodell was too severe.

"It was really odd that they were going to give him a longer suspension then someone who is domestically abusive," junior Taylor Peters said.

In the same season, running back Ray Rice of the Baltimore Ravens was given only a two-game suspension for punching his wife in an elevator. Pittsburgh Steeler Le'veon Bell was handed a three-game suspension for possession of marijuana and a DUI. This suspension was eventually reduced to two games.

This has led some students to question Commissioner Roger Goodell's credibility. Castleton football player Jordan Goodrich believes the punishment was too severe.

"Roger Goodell is out to get people. I personally think he shouldn't be there anymore because there have been several other issues in the past were he has gone after guys," Goodrich said.

Others feel that this whole issue has been blown out proportion.

"In the game that they won with it, they beat them by like 30 points," senior Charlie Morenus said.

Although people think that the punishment was to severe, many students still think that Tom Brady and the Patriots were guilty of deflating footballs.

"There is no way in hell he didn't know what was going on," Senior Jed Zawisza said.

Although Brady's suspension was eventually overturned by Judge Richard Berman, who sided with the NFL Players Union that was representing Tom Brady, many students think that was a mistake.

"The Patriots and Tom Brady cheated and he should have been suspended the four games," junior Branden Dennis said.

Henely strengthens Spartan athletics

COURTESY OF REBA STODGELL

Drew Henely directs the men's lacrosse team in a workout last week.

By Reba Stodgell
Spartan Contributor

Drew Henely walks out to the fields where the Castleton University ski team was preparing for a workout.

"Is everyone warmed up," Henely asked.

He rounds up the team to explain the workouts thoroughly and makes the athletes repeat what he has told them about each so they know exactly what they are doing. He likes the workouts to run smoothly, efficiently, and most importantly – safely.

He used to do the same thing with the Houston Astros players he was training.

Henley, 28 years old and from Phoenix, Ariz., is the new Castleton University strength and conditioning coach. He attended Northern Arizona University and received a degree in business pre-law.

While in college he volunteered to help with a high school basketball team and be the team's strength and conditioning coach. That decision made him realize he loved what he was doing and decided that pre-law was not his calling. From then he spent as much time as possible getting experience as a strength and conditioning coach. Henely spent fours years doing internships with no pay, but he got that needed experience.

And that experience landed him a job for four years as strength and conditioning coach for the Astros.

"I had a one-year contract and the next off-season I was offered a higher position with the Red Sox and a big pay raise. I left pro baseball because it was draining and filled with travel. I wanted to work with multiple sports so the college setting is a great fit," he said.

The student athletes at Castleton love their new strength and conditioning coach.

"The workouts with Drew are better than last year because he has made safety a top priority as well as proper form," said Tyler Smith, a senior on the varsity ski team.

Henely works out with all of the athletic teams at Castleton with the help of his assistant Caroline Grosso. Grosso is a grad student at Castleton University and is getting her master's in athletic leadership and exercise science. She is a former Syracuse lacrosse player, despite going to a high school with only 200 kids in the graduating class.

"I really like Caroline. She understands what we need because she played lacrosse in college," said Nadine Downing a member of the women's lacrosse team.

Players from a variety of sports praised the new training duo.

"Both coaches are critical on both form and safety, which I feel is crucial while working out," said Zack Devoid a men's lacrosse player.

"I like how he gives us the tools we need to succeed," said Erin Luce a member of the women's ski team.

"They adjust the workouts really well to the demands of each and every sport," said Jessica Phillips, captain of the women's soccer team.

WILLIAM CHMIELEWSKI/ CASTLETON SPARTAN

Soren Pelz-Walsh breaks free from an Alfred State defender on his way to scoring one of his three touchdowns of the day.

Spartans whip Pioneers

By Mike Davis
Castleton Spartan

After suffering a tough 32-14 defeat last week in Rhode Island to Salve Regina, the Castleton Spartans rebounded with a dominating 35-20 win against Alfred State last Saturday.

The 2015 Castleton University football team couldn't wait to play at home for the first time this season and to welcome a winless non-conference opponent in Alfred State.

The Spartans would immediately deny the Pioneers any hopes of leaving Vermont with a victory as Castleton jumped out to a dominant 21-0 first quarter lead in front of the record-setting crowd of 4,117, which broke the previous attendance record of 4,030. The previous record was set at the very first Spartan game back in 2009.

Castleton was able to get back to Spartan football by attacking Alfred State with a balanced offensive game, and by getting another strong stand defensively. The win improved Castleton's record to 2-1 overall.

"We were just able to go out there and play our game," senior captain offensive lineman Jordan Tolar said. "We had all the momentum with it being our homecoming weekend. Being able to go out onto our field and play the game we all love in front of the ones we love is a pretty special feeling, something that I will never forget."

Castleton was led by quarterback George Busharis, who completed 18 of 20 passes for four touchdowns, including three record-tying touchdown passes. Senior star wide-out Soren Pelz-Walsh was on the other end of many of those passes, gaining more than 180 yards receiving and scoring three touchdowns. Freshman phenom running back Moe Harris provided the Spartans with success in a big way rushing for 101 yards on just 19 carries.

Although the Spartans were excited about their big victory on Saturday, some players were more excited about just being able to play at home in front of their friends and family.

"Homecoming at Castleton is unlike anything you'll ever experience anywhere," senior defensive lineman Brett Denning said.

"It's awesome seeing the crowd packed and so many alumni at the game. It's just an awesome experience. We have the best fan base in new England, which is something I will cherish for the rest of my life."

Denning and the rest of the Castleton defense was strong on Saturday, holding Alfred State to just 34 rushing yards, and found great strength from sophomore Jakob Trautwein, who had six tackles and a sack. Leo Audy and Darren Callan combined for 10 tackles on the afternoon.

The Spartans will look to have a strong week of practice as they prepare for perhaps the biggest game of the season against conference rival Husson University this Saturday at 1 p.m.

Sports through pictures

COURTESY OF CASTLETONSPORTS.COM

The Spartan men's soccer team easily took down Johnson State on homecoming weekend 4-0, improving their record to 6-2-1. The volleyball team beat Elms College 3 sets to none improving to 6-4 and the field hockey team lost to conference opponent Thomas College 2-1 last friday, droping their record to 2-5.

Sports Talk With Jordan Lumsden

People always talk about why they play sports. "For the love of the game," is often the response you hear.

I don't buy it.

As I walked around over the weekend and took in the sights and sounds of the homecoming festivities, I asked people why they played sports. Yes, love for the game was the most common answer.

What interested me, however, was that although fans had this attitude toward athletics, players and students had a different attitude.

"Why play the game at all if you don't play to win," said junior Hunter Knight.

Let's back up a little bit and see where the two roads split.

As children, we get involved in sports to be physically active and to build teamwork and hard work. With no skills or in-depth knowledge about the game, a child can run around carelessly doing his or her best to have fun and enjoy the moment. As knowledge of the sport increases and their skills begin to improve, athletes focus their attention on scoring, or saving the shot to win the game.

Their goal is winning the game.

As someone starts playing high school or even college athletics, that's when the attitude begins to shift. No longer is that fun-loving kid playing for the sole purpose of hanging out with friends and getting muddy. Now it's about championships and winning percentages, points allowed and off-season training routines.

Where did the fun go?

In my sophomore hockey season in high school, our team reached the Vermont state championship game only to lose. In that moment, when heads hung heavy and tears fell, I wasn't thinking about the fact that I had made it to the finals or the fact that I had only two years left of competitive hockey in my life, I was only thinking about the fact that we lost.

In sports there are two types of athletes; ones who love to win and ones who hate to lose. As our competitive nature increases, many forget why we started playing the game in the first place. Only when we get older and conclude our competitive career do we remember again.

I was watching the football game versus Alfred state this past Saturday and met a man named Rick, a Castleton alum of the class of '88. It was clear that he had only returned to campus for homecoming weekend and didn't follow Castleton football. That didn't stop him from standing up and making some noise when his Spartans made a big play. A true example of someone fully enjoying the moment.

Castleton Spartan

CASTLETON UNIVERSITY'S STUDENT NEWSPAPER

Wednesday October 21, 2015 CastletonSpartan.com Castleton, Vermont

They wonder why we need guns

By Carly Trombley
Castleton Spartan

In Spain, the only people allowed to carry a gun legally are the police. From what this reporter found out, they prefer to keep it that way.

American media travels fast, but when the American studying in Spain heard about the Oregon and Arizona shootings from her Spanish host family before hearing about it from another American, she learned that news gets across the world quicker than ever expected.

This nugget of American news was the topic of discussion for the following week in the University of Malaga, Spain for International Students where this reporter is studying.

Students from all over the world were discussing the gun laws in the United States versus the gun laws in their home country. Even the professors had their opinions.

"In Spain, we cannot have guns, knives, or any other weapon. Anything that can be used as a weapon is taken away. It is strange that Americans can go to a local department store and buy a gun," said Esther Cabrera, a professor of language at the university. "This is why there are so many shootings in the U.S."

Spain isn't the only country with strict gun laws. Students from Finland, Holland, and Denmark also shared their rights to bear arms.

"In Finland, the public is not allowed to use guns. They are prohibited even for self defense," said Onika Koskinen, a resident of Helsinki, Finland, "The only time we are allowed to have a gun is for hunting purposes."

As for Denmark and Holland, the laws are significantly more strict and elaborate.

"We can have guns if we have a license for hunting and a weapon permit. To get this license we need to take tests that gauge our knowledge about guns and ammunition," said Dan Nielsen of Denmark. "We have to have a separate permit for each weapon and they have to be kept in a separate room of the home with two locks on the door."

Continued on Page 6

Discrimination claims disputed

Student at center of debate charged with attacking public safety officers

By Casey McGraw
Castleton Spartan

A former Castleton University football player has issued a complaint saying he was discriminated against and dismissed from the team without cause by coach Tony Volpone, sending shock waves across campus.

Hezekiah Williamson, a black student from Albany, N.Y., transferred to Castleton this fall and was a member of the team before he was released on Homecoming Weekend.

"They kicked me off the team and they didn't tell me why. That's the thing," said Williamson in a Friday interview. "I feel like there are a couple people on the team, white or black, being discriminated against."

Williamson's displeasure has led to the involvement of the Champlain Area NAACP and an evaluation by the university.

"Mr. Williamson has stated that he felt he was improperly removed from the team without cause, so we are on Mr. Williamson's behalf and are requesting that the school review their policies and evaluate if Mr. Williamson has been treated fairly," said Mary Brown-Guillory, the Champlain Area NAACP president.

Williamson also said he plans to bring the NAACP to Castleton so he "can start something for players who got discriminated against, because I don't want that to happen to another player and people wasting their money coming here because I put my parents in debt."

In an Oct. 14 Rutland Herald article, Williamson was quoted saying that the school offered to reimburse him all the tuition he paid.

Since the Herald article ran, the university has been buzzing about the discrimination allegations and began buzzing even more after learning Williamson was arrested Friday night for an incident on campus.

Castleton Police Chief Peter Mantello said Castleton police responded to a report of an incident involving an intoxicated student not cooperating with Public Safety.

"They responded and made contact with Hezekiah and he assaulted at least three of the (public safety) officers," Mantello said. "He was charged with simple assault and disorderly conduct."

"He was brought to the Grace House in Rutland City because of the intoxication levels and was issued a citation, which is an appearance to court," said Mantello.

Public Safety Director Keith Molinari said he couldn't comment on the alleged assault due to the university's student privacy regulations.

Williamson did not respond immediately to an interview request on the Friday night incident.

While current players said they were told not to talk about the discrimination allegations, former players are rushing to Volpone's defense.

Continued on Page 6

COURTESY CASTLETON ATHLETICS

Hezekiah Williamson is shown in his Castleton football team picture.

Debating tenure

MARCO LAM.CASTLETON SPARTAN

Science professor Andy Vermilyea works with a student during a recent lab. Vermilyea, who does not have tenure, believes tenure guidelines could be more rigorous.

By Jadie Dow
Castleton Spartan

There are certain topics that will always be debated. Topics that no matter what, not everyone will agree upon. Things like abortion, welfare, and gun rights seem to be hot in the press all the time, but never resolved.

Tenure is one of these topics.

Studies have been done for and against tenure, with little to no change being made in the process for a professor to get these benefits. A junior professor at a college or a university must work for either six or seven years depending on the state, and if at that point are not signed on as a tenured professor, are let go. Tenure offers professors a kind of job security that is not offered in other job fields.

Castleton is very familiar with this process.

"I think tenure is a really good thing. It's one of the few advantages we have as educators. We're greatly underpaid as an institution, so it's nice to have job security," said Tersh Palmer, a professor in the English department.

According to a study done by the National Education Association, there are many myths about tenured professors that need to be set straight. In the article, the author mentions that one myth is that tenured professors don't work very hard.

Some students at Castleton agree.

"I think tenure shouldn't be allowed in colleges, it basically lets teachers slack off after they get it. It only encourages students to care less if the teachers don't care," said senior Jed Zawisza.

Though this is a popular opinion among students, faculty generally does not feel the same way about Castleton.

"There are faculty who have been here forever who work the longest hours," said professor Andy Vermilyea, an assistant chemistry professor, up for tenure in one year.

"Teachers don't get paid all that terribly well in the state of Vermont, so most people aren't here because they're getting huge paychecks. They're here because they like to teach," said English professor Flo Keyes, who is also on the committee which reviews files of professors up for tenure.

Still, there are other students who disagree with the whole tenure process.

"I honestly think it's a stupid system. It allows professors to do whatever they want without consequence. It's ridiculous. I've had professors who don't do anything, and while it's nice to have an easy professor, it sucks because I'm paying so much to be here," said junior LeeAnn Senecal.

According to an article published by the Slate Institute, one of the most popular benefits of being a tenured professor is the academic freedom that comes with the job security. Professors at Castleton agree.

"The idea that having tenure gives somebody the freedom to speak without fear of consequence from their employer is very appealing. I'm sympathetic to the logic of tenure," said associate professor Rich Clark, who just completed his second year on his way to tenure.

"It's nice to have the freedom of expression. It good to know that if I talk about a controversial topic in the classroom, I can't be fired if the administration disagrees," Palmer said.

Continued on Page 6

Lt. Gov. says new jobs needed

By Catherine Twing
Castleton Spartan

A boy from Barre who dreamt of racing has made a career as a state senator, a lieutenant governor and now will be making a bid for governor of Vermont in 2016.

On his visit to Castleton University, hosted by the Castleton GOP club, Lt. Gov. Phil Scott spoke to a modest-sized crowd of students and community members about what Vermont needs to strengthen its economy.

After traveling the state and essentially working a day in life of workers in a variety of professions from a railroad worker to second-grade teacher, Scott was able to see the real issues Vermonters face.

"What I found is we are suffering from a crisis of affordability," he said. "Students get out of school with debt and other expenses so even if there are jobs, they can't afford to live here."

Because Vermont is a less affordable place to live than many other states, there are 8,800 fewer people in the workforce than there were in June 2011, according to Scott. The demographic that is being lost at the highest rate is the 25 to 45-year-old age range — the group that would be having children.

Due to this loss, the state is educating 20,000 fewer students compared to 20 years ago, Scott said.

One suggestion he offered to increase population is to welcome more legal immigrants the way Burlington and other cities have begun to do.

Scott was a businessman before a politician, which has shaped his political focuses.

"I didn't have a political bone in my body 20 years ago," he said. "I went into business which gave me the foundation for who I am. Seeing the struggles employees face — the struggles we all face."

Scott realized the state legislators didn't understand the issues working Vermonters faced, so he chose to do something about it by running for state senator in 1999. He has served as lieutenant governor for the last five years.

Because of his focus on business, he has worked hard to push pro-business bills through the legislature.

He noted that of all 1,211 bills in the legislative season, only 20 were pro-economy and only two or three actually passed.

"If we all pull in the same direction and make business a priority we will be better off," he said.

Scott also took time to recognize the many legislators in the audience from both parties who showed up in support. Being friends with people from opposing parties can be a good thing, he said.

"As a Republican I've always served in the minority and I've learned a lot about bipartisanship, reaching across lines, making deals," he said.

Continued on Page 6

Send us your photos!

ASHLEY CALLAN / CASTLETON SPARTAN

Kamelia Crawford sits on a bridge overlooking Lake Bomoseen soaking up Vermont's beautiful fall foilage. Want to have your photo be photo of the week? Send your submissions to thespartan@castleton.edu.

Shame people who fat shame

In a body-critiqued culture where fat shaming and photo shopping is done daily, students at Castleton University stand up for size acceptance and are learning to love their bodies, no matter what size.

Ragen Chastain filled up the 1787 room at her Soundings event Thursday, Oct. 15 that taught students about positive body image. Chastain is an activist and a self-acclaimed fat person; and she loves, accepts, and appreciates her body.

"I believe that basic respect and the right to life, liberty, and the pursuit of happiness are not size dependent. I believe that it is impossible to tell somebody's health based on their size," said Chastain.

Fat shaming is everywhere. Celebrities in magazines are fat shamed and manipulated, even to the point where their skin tone is changed. Social media is becoming the ultimate tool to criticize and embarrass people, mostly anonymously. The gym or fitness centers is a dangerous environment for judgment. Even walking down the street is open for rude drive-bys. The lesson of rejecting and hating your body is the norm.

"I've been walking down the street before and I've heard 'mooing'," said Chastain. Students' mouths dropped with disgust.

Not only are fat people being shamed, but skinny shaming is just as problematic.

"Haven't you heard people say, 'God she's so skinny, eat a sandwich,' said Chastain laughing at the irony that people can't ever win in the battle of criticism.

When one male student in the crowd rebuttled Chastain's research asking her if she disagreed with major institutions such as NIH (National Institute of Health) and she replied with, "you're damn right I do," students applauded wildly for her.

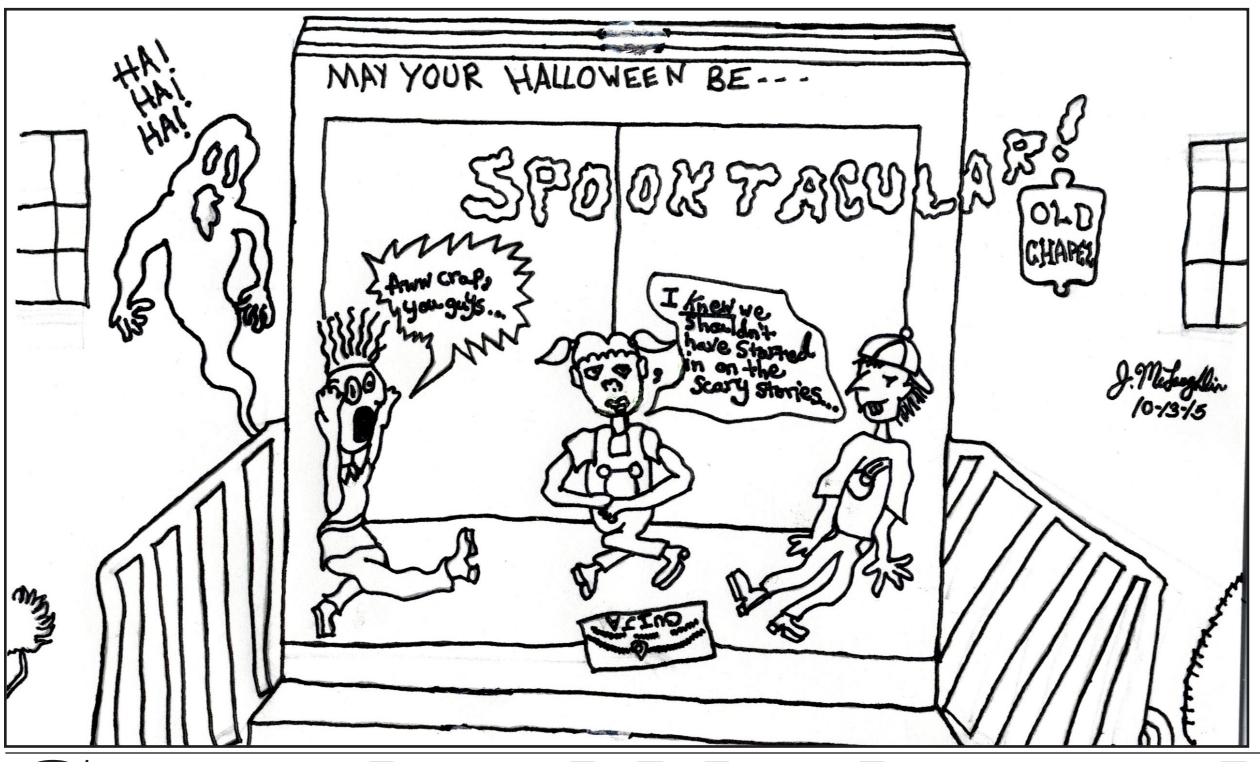
"Savage," said junior Rosalie Burke clapping for Chastain.

Senior Emily Haley went to the event and left in tears of joy.

"I thought that woman had the most well evidenced push for unconditional body acceptance I have ever heard. It was moving, both experience and research-based, logical, and she stood up as a stubbornly truthful underdog opponent to throngs of misleading pseudo-scientific media outlets … she made me cry," said Haley.

There is still so much misinformation in the news that promotes size conditional shame, but more exposure to people like Chastain has the potential to reframe health issues in terms of how people feel, not how they look.

-Callie Ginter


HA! HA! HA!
MAY YOUR HALLOWEEN BE---
SPOOKTACULAR!
OLD CHAP!
Awww crap, you guys...
I knew we shouldn't have started in on the scary stories...
J. McLaughlin 10-13-15

Guns should be banned

What's the greatest threat to American lives? Terrorism? Global warming? Donald Trump? Actually it's gun violence, but you get partial credit if you said Trump.

According to a recent study from The Centers for Disease Control and Prevention, which compared deaths in America involving guns to deaths caused by terrorism from 2001 to 2013, gun violence surpasses well over 406,000 deaths, while terrorism is a mere 3,380, and if you take away the 9/11 attacks – only 350 deaths.

Gun control has always been a hot button topic. Whether you're for guns or against, it's obvious there is a problem in our country. I'm well aware the Second Amendment states we have the right to bare arms and that not even the ghosts of our founding fathers could change the minds of millions of people, but it's time to ban guns.

Once again, a recent string of school shootings, including at Oregon's Umpqua Community College, has forced us to take a serious look into stronger gun control laws.

While I'm writing this, another shooting has taken place right outside Syracuse's campus, however, America has done nothing to put an end to this madness.

In 1996, Thomas Hamilton walked into an elementary school in Dunblane, Scotland, and shot and killed sixteen small children and their teacher in the gym before killing himself. He brought two rifles and four handguns to carry out the attack. All six guns were legally owned: Hamilton had fully complied with gun control statutes.

Sound familiar?

This terrible act prompted the Firearm Act of 1997 – essentially prohibiting the ownership of all firearms in Britain. The most current statistics available show that guns were used to kill 59 people in all of England and Wales in 2011, compared with 77 such homicides that same year in Washington, D.C., alone.

According to data compiled by the United Nations, the United States has four times as many gun-related homicides per capita as do Turkey and Switzerland, which are tied for third. The U.S. gun murder rate is about 20 times the average for all other developed countries. That means that Americans are 20 times as likely to be killed by a gun than is someone from another developed country.

As Americans we always look to blame someone else, but claiming gun deaths only occur because the shooter showed signs of mentally illness is extremely ignorant. Anyone who would feel the need to take a life has an illness.

Yet, we idolize these people. Former Navy Seal Chris Kyle has taken credit for over 160 kills. A statistic that he boldly admires, feeling no regret for the people he's shot and killed over the years.

Why was Kyle not deemed mentally ill? He's quoted in his book for calling all Iraqis "Savages" and taking joy in killing. "I'm not lying or exaggerating when I say it was fun, " he said. These are not actions that should under any circumstances be considered ok and fits the norm for someone who suffers from mental illness.

President Barack Obama has had to deliver over a dozen gun shooting related speeches during his time in office. ""I've had to make statements like this too many times… At some point, we as a country will have to reckon with the fact that this type of mass violence does not happen in other advanced countries. It doesn't happen in other places with this kind of frequency," said Obama.

-Alden Bisson

Fresh Perspective

I suspect that for students with a passion to become a smarter, better, more competent person, Castleton has a resonance that it may lack for other students.

When I first came to Castleton, the sheer size of it was the first thing I noticed and remembered. Later on, I hear Castleton described affectionately as 'the small university with a big heart'.

You must be kidding!

I am a transfer student. My first taste of college was a dip in the water. There were only 580 meters between the westernmost edge of the school grounds and the turn in the road that led to the school. The distance from the Casella Theatre to Ellis Hall would cover the entirety of my former school from north to south.

Previously, I was in a school as small and remote as an island in the South Seas; cloistered away in a valley. There were perhaps two hundred other students on campus. When disease swept through the campus, it was even emptier; looking like the aftermath of nuclear war. And there was no school newspaper, no Rotaract, no Environmental Action Club, no Peer Advocates for CHANGE.

Castleton is a huge step up, and from the step, my legs are getting good exercise even as they ache. Everything is bigger; everything is more difficult; everything is scripted on a vaster scale. There are more clubs, more sports, more organizations, harder material, larger geographical space, more frequent homework, higher stakes and more opportunities.

In my former school, we lived under a gray sky always groaning with rain or snow; winter began early and ended late. In my previous school, there was a kind of sleepy inactivity. Not here. I am out of the darkness. I am in the bursting sun! I swelter with fever and mop my brow in the autumn winds.

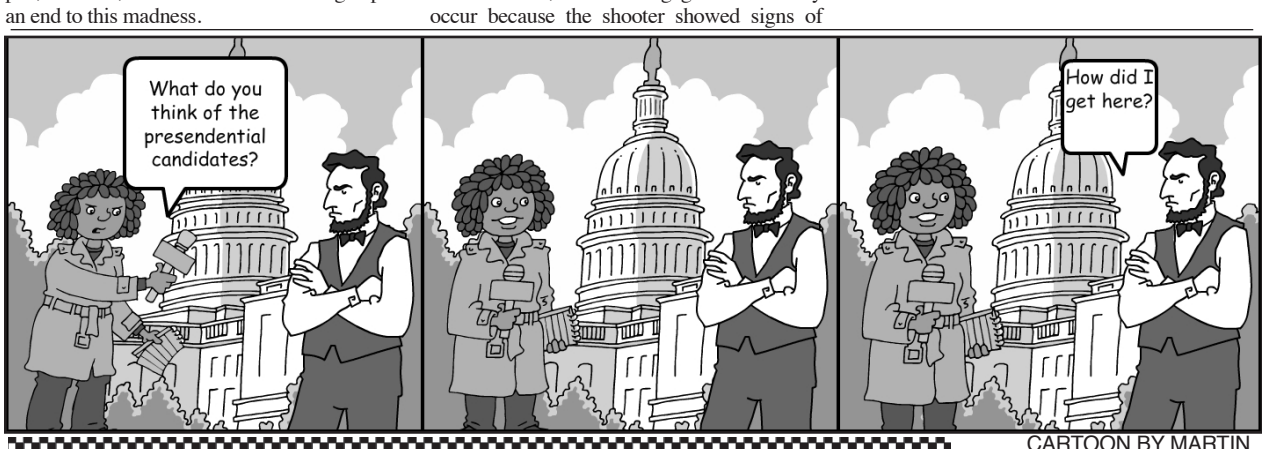
Someone once said that the most difficult thing about writing is sitting down at the typewriter and writing. I think the most difficult thing about being a university student is each day there. Each day in university includes personal hygiene, finance, food and a variety of interpersonal experiences.

The pace of Castleton is deep and difficult, but it is also brisk and wild. Castleton is a beast, and in the first few weeks you learn how to tame it, and might get some pleasure in doing so. You must learn every nook and cranny, every diverse vein in its totality.

If you approach an obstacle, you have to train your mind to recognize it immediately, whirl around, dash around, find another way through, change plans at the last minute, remembering to focus on the things that you can change, and ignoring everything that you can't, and thus empower yourself.

In the midst of this bewilderment, you can't shake off the feeling that you are accomplishing something; and so you enter your dorm with a cracked shoulder blade and a bleary smile; you throw your hands in the air. You've won, and you've won the right battle.

-Jack Workman



CARTOON BY MARTIN VANBUREN / CASTLETON SPARTAN

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CASTLETON UNIVERSITY'S STUDENT NEWSPAPER

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Bookstore gets new owners, but staff to remain

PHOTO ILLUSTRATION BY MARCO LAM / CASTLETON SPARTAN

A student peruses some items in the newly designed Castleton University bookstore.

By Jadie Dow
Castleton Spartan

Money. The whole world revolves around it. It's the root of most decisions and controls virtually everyone's lives.

Castleton University is not exempt from this, and the the recent change in ownership of the school store is an example. But it seems to be a positive change for everyone, students included.

Previously owned by the university itself, the store is now run by a company named Follett. This company has been around for over 140 years and operates nearly 1,200 stores across the continent, according to its website.

Scott Dikeman, dean of Administration, was part of the process to change the store's ownership, a decision that has been contemplated for the past few years, h e said.

"It improves our situation financially. It will save the university a fair amount as well as bring in money," Dikeman said.

But what about the prices?

According to Dikeman, they may even go down.

Students did you hear that? The prices of textbooks may be more affordable.

Before the change, Castleton was the only school in the Vermont State College system that did not run through Follett. And although there are some new faces in the store, all of the old ones remain.

"That was one of our conditions when we were negotiating with the company. All of the full-time staff be retained with no reduction. That they needed to be protected and taken care of," Dikeman said.

Along with some new faces, this company brought in some new policies. All questions from student reporters must be run through the corporate office before any employees can answer anything about anything including new merchandise and what students and faculty can expect.

A call to the corporate office resulted in a 10-minute hold before being dropped all together.

Dikeman said he believes the switch will be a positive one for all.

"We as a university have a great relationship with Sodexo. We're hoping Follett will be the same way. We're just trying to make decisions that will be beneficial for both the students and faculty," Dikeman said with a smile.

Awareness is key when it comes to "roofie" issue

Potential drugging incidents leads university to stress prevention.

By Shannon Fischer
Castleton Spartan

Imagine being at a party, everything is fine. Not too intoxicated, you continue drink your beer. The next thing you know, you are on your back hours later with people standing all around you. You were "roofied."

Recently there have been reports of the use of "roofies" around campus." Even at a considerably safe, secure little university like Castleton, students are becoming victims of the drug which can disorients their victim and causes him or her to pass out. This can lead to sexual assault and other incidents.

A senior, who would like to remain anonymous, was being good one night during a previous school year and decided to

> "People should be aware of their surroundings, and never leave their drink around"
>
> ***-Anonymous Victim***

be the responsible one when they went out to a party with friends.

"I was supposed to be the babysitter that night and only had six beers, and the next thing I remember was being in my room with a first responder," the student said. "I was one in eight that weekend; it comes in waves."

While it's an uncommon occurrence at Castleton, this does happen every once in a while to both men and women.

"People should be aware of their surroundings, and never leave their drink around. You may think you're safe, but it can take a half a second to put something in someone's drink," they said. "It was scary but it made me realize that it can happen to anyone."

Rohypnol otherwise known as "roofies" or the "date rape drug" is a white or olive green pill. The pills can be crushed and snorted as powder, sprinkled on marijuana and smoked, dissolved in a drink, or injected into the body. The person experiences drowsiness, loss of muscle control, amnesia, and confusion.

Students on campus have heard about the reports and share their thoughts on the matter.

"It has a lot to do with people not being safe with their drinks, and saying yes to any form of alcohol without thinking of the repercussions. I feel like females are a huge target and people that party recklessly. People really just need to smarten up and not take drinks from strangers," said sophomore Elly Zelazny.

Contrary to some incidents where the victim was not extremely intoxicated, students like freshman Deni Musaefendic believe that reducing alcohol intake is the best way to prevent someone from being drugged.

"If students reduce the amount of alcohol they consume than their chances of being drugged will be significantly lessened," he said.

Amy Bremel, Change Initiative Violence Coordinator, is heavily adamant that alcohol is the most common date rape drug, and to eliminate being drugged one should not condone drinking. There are other things that can be done to reduce the chances of a potential drugging, but they're harm and risk reduction measures, not prevention.

"Harm reduction and risk reduction are important. It's important to pour your own drinks, not leave your drinks unattended if you go to the bathroom, or have someone that you completely trust hold your drink," Bremel said. "Anything can be put in alcohol, especially those things of jungle juices at parties that everyone drinks out of, you don't know what's in there. Going out in groups and coming back with the same people, using the buddy system or going out with a sober friend are things that should be done. These things are harm and risk reduction not prevention," she said.

Keith Molinari, Director of Public Safety Campus Life, has similar advice for preventative measures that students should take while engaging in drinking and partying activity.

"Always be aware of your circumstances. The best prevention is that someone is with you that isn't indulging in alcohol for the evening. I have not had a sexual assault drugging incident on campus where that was a case. Although there was suspicion of students being drugged during my tenure here, it didn't, thank god, lead to a sexual assault because they had preventative measures in place. By that I mean that they had a friend that wasn't nearly as intoxicated and wasn't participating in drinking and they stayed with them the entire time," he said.

Students should be aware of the measures they can take to eliminate their chances of being drugged.as well as the consequences of partaking in drinking, and what can happen if they happen to be a victim of a drugging and sexual assault incident.

Bremel also mentioned the SANE program which helps those who have experienced sexual assault.

"In the state of Vermont in relation to the SANE program, a Sexual Assault Nurse Examiner, if a student goes in they have to do a special request for drug testing because it's not a part of the rape kit. If they believe they've been drugged they need to go in as soon as they can to get tested. They can even bring a friend with them for support. This way evidence will be accurate and they can get the proper care needed," she said.

Vermont has strict laws regarding sexual assault, and higher offenses for people that commit such crimes. Educating students and having them take preventative measures if they do decide to engage in risky activities will hopefully reduce the numbers of drugging incidents.

SARA NOVENSTERN / CASTLETON SPARTAN

Jadie Dow proudly shows off her extendable flashlight that she keeps in her backpack.

Hey, Castleton, what's in your backpack?

Search of backpacks finds everything from bacon bookmark to Breathalyzer

By Sara Novenstern
Castleton Spartan

How would you feel if a reporter came up to you and asked to have a look in your backpack? Would you give them the cold shoulder or would you let them have a look?

Do you have anything to hide?

Junior Jadie Dow reached into hers and took out what seemed to be an innocent little flashlight. Then she flung it and it became an extend-o flashlight. Next she took out her bacon bookmark along with her helpful stapler.

"Because it comes in handy a lot, people are like 'oh professor do you have a stapler?' and I'm like 'I do!'"

For senior Alden Bisson the most bizarre thing he had was a Breathalyzer.

He opened it to give it a go and before he blew he said, "It's probably going to hopefully say zeros."

And luckily – at three in the afternoon – it did.

For some, wrappers from various food items were plentiful.

Sophomore Melissa Dimock stated "I don't really have anything but garbage in here."

This wasn't completely true considering her sketchbook was among the garbage.

"My sketchbook, I always have my sketchbook in my bag no matter what class I'm going to or where I am," she said.

Another very meaningful possession was seen on, not in, Jekabs Grinberg's backpack. Being from Europe, Grinberg has a ribbon that represents the Latvian flag around his pack.

"I haven't taken it off for two years" he stated.

In a joking manor, freshman Dianne Benedicto seemed perplexed at the question.

"Who do you think I am? Some weirdo?" She then went on to state how she had Jell-O in her backpack earlier.

Other students like to carry the bare minimum. For example, sophomore Colin O'Meara's backpack held three things; a pen, book and a notebook. One-third of students stopped had very traditional baggage on their backs including water bottles, notebooks, pencils and pens and books.

Philosophy professor Brendan Lalor spoke about the pack he carries when he's out in the woods.

"Sometimes I'm in the woods so I have a pack cover in case it starts raining - no problem - my stuff won't get all wet. In case I'm thirsty, I've got a filter. So if I'm near a lake or a stream - no problem," he said.

He also carries a little inflatable seat "so if its really wet and you're like, I just want to sit down and read, - OH no problem!"

Lalor also went on to describe his fascination with foraging in the wild. Within his regular-sized backpack he had a smaller one. This was for when he came to the realization that some mushrooms were edible, he then started collecting them and putting them in his smaller pack.

But why do we have what we have, anyway? What's makes us haul around a bacon bookmark?

Psychologist William James in his book, "The principles of psychology" writes "Some people say their essence lives on in what once we made or owned. Our things embody our sense of self-hood and identity."

He said they become a legacy. This inherently is why when we grow older we start to pass our 'things' down to the next generation, he said.

Makes you wonder who will someday own an extendo flashlight and bacon bookmark, doesn't it?

Should study abroad count?

By Alden Bisson
Castleton Spartan

In the spring of last year, then junior Alex Noonan was anxiously preparing for an excursion to Prague to study abroad for the following semester, when he got some disturbing news.

Castleton wouldn't allow it.

Apparently, Noonan hadn't completed the required amount of Soundings credits. Suddenly, Noonan's eagerly awaited semester of exploring Eastern Europe had come crashing down.

His dream was over.

Castleton's website describes Soundings as a program to "expand our horizons and help us to see a part of our world in a slightly different way. Beyond this broader cultural awareness, however, they will serve another important purpose in your education."

Soundings director Jessica Cowden, emphasized that statement, along with her faith in the program.

"I get excited about Soundings because it brings opportunities to our students to see and experience things that they otherwise wouldn't be able to. We're able to bring around 60 events a year and expose our students to some of the most interesting minds, best musicians, best dancers, best performances, and they get to do it all for free," said Cowden. "I wish more colleges and universities did this, I'm not really sure why there aren't more programs like this,"

Noonan, however, believes he has accomplished everything Soundings stands for and more during his two previous study abroad trips.

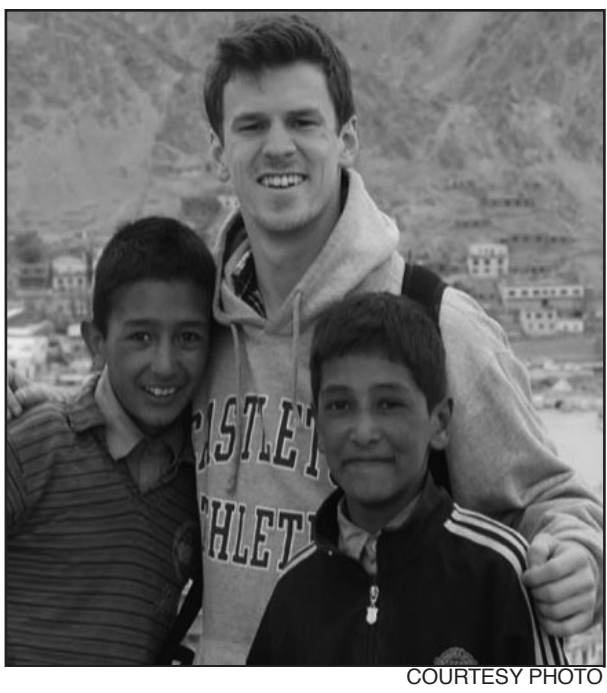
"I traveled to East Tibet, Chengdu, China and Ladakh, India through Castleton," said Noonan, "I would say travel with Jim Hagen, Wisdom study abroad is by far the best program Castleton has to offer."

Noonan strongly believes his time spent studying abroad with Hagan was far more influential than any Soundings event. Having very little faith in the program moving forward, he feels annoyed by what Castleton defines as "cultural awareness."

Cowden understands where many students frustration comes from and admits the program does have its flaws, but overall deems it a success.

More than anything, Cowden said she would love to see students study abroad. Having studied abroad herself in France while she was in High School, she knows how amazing it can be. She said she wants to help students get the soundings credits they need while studying abroad.

"We are actually set up to be able to work with students who are studying abroad in order to get Soundings credit. I don't know how well that is advertised, and it's not a system that's set in stone," said Cowden, "We don't have a system that's been used or tested, it would definitely have to be more of a come to the soundings director and talk to me about what it is you're doing and let me oversee your experience and we can find a way to make it work," said Cowden.



COURTESY PHOTO

Castleton student Alex Noonan poses wit locals during one of his study abroad trips.

Noonan shook his head in disappointment upon hearing Cowden's words.

"Typical Castleton," said Noonan, "They should be advertising that, not just through Soundings, but professors and teachers should be talking this up as well."

Castleton senior Zach Devoid, who spent the fall semester of last year studying in Australia, would also like to see study abroad count towards Soundings.

Devoid, sympathizes with Noonan, understanding his resentment, but echo's a similar statement to that of Cowden.

"I'd like to see it happen, but you should write a paper or do a short presentation on some of the ways you've broaden your horizon or what you've learned from the culture you've been studying in," said Devoid. "Receiving a Soundings credit would be another incentive, and a good way for the school to push studying abroad, saying you don't have to do Soundings."

Tuition prices forcing some students to leave

By Jimmy Britt
Castleton Spartan

The price of higher education affects colleges across the country – including the ever-growing Castleton University. Even with a tuition freeze until the 2017-18 school year, students are still facing the harsh reality of not being able to pay for college.

Approximately 25 percent of students who leave Castleton University do so because of money reasons, said Meredith Fletcher, coordinator of Placement and Graduation Standards.

Barbra Doyle, a former CU student from New York, faced this reality after spending close to $37,000 last year at Castleton. Now she's back home and going to SUNY Oneonta and paying $7,000.

"Oh hell yeah the price of college is too expensive," said Doyle.

But with students like Doyle leaving, what does this mean for Castleton University and it's students?

Dean of Enrollment Maurice Ouimet said money is a major reason why students withdrawal or take a leave of absence from colleges across the country.

"I think sometimes that students and families lose sight of the fact that college is a four-year investment and so many families struggle to make ends meet for that first year, that before you know it's year two and tuition is there. It's really difficult to face that and that's when some students leave at that point, leaving to regroup and to reconsider things," he said.

Sometimes students are able to work with him and the financial aid office to help them stay in school he said. Sometimes students just don't know the resources available to them, he said. Once they have talked with officials to help them, they learn to determine if it's best for them to live on campus with all their needs or to move back home and commute if local he said.

But Ouimet said tuition increases do affect dropout rates, but a few have simply been unavoidable.

"We are very much aware of the cost of attendance for our students and we are doing everything possible to keep them under control. This year we are really pleased with the fact that tuition has been frozen for next year. We'll potentially see a tuition increase in the 2017-2018 school year but that hasn't been decided yet," said Ouimet.

Ouimet wanted to remind students to find the right school for them and not to always just base their choice on the sticker price. He also urged them to seek financial aid and scholarships and of course research the school carefully.

And if working to provide for school is getting too much for a student and causing their grades to slip, then a student should consider taking a leave of absence, he said.

Former Castleton student and would-be senior Kalie Dunican said she took time off to be able to pay for college and not collect debt.

At beginning of her sophomore year, Dunican decided to take a semester off because of finances.

"I personally choose not to take out private loans because I don't want to be strapped with debt when I graduate," Dunican explains.

When it was time for her to come back, she finished not only her sophomore year but also her junior year before facing a similar financial problem leading into her would-be senior year. But Dunican is ok with taking another break saying she'll feel better graduating with no debt

"Even someone that can afford college and comes from a two-parent household with full incomes, it still makes it a little bit difficult to find the means for financing," she said. "I think it's really important to note that, especially because it can be easy for people to get approved for loans, but that doesn't mean everyone should. I have friends who are graduating Castleton this year with hundreds of thousands of dollars worth of debt in their names that the will have to pay back in six months."

That debt, she said, really scares her.

"We've made it more possible as a society for students who can't afford college to go to college with all the different types of loans. But what we aren't teaching students is that debt is a death sentence honestly. I think that the price of college totally mimics that," Dunican said.

Dunican had to say goodbye to three friends who couldn't afford to come back and mentioned that one year that an entire floor of Adams was empty because of students not being able afford to come back for a second semester.

Though the price of high education can cause students to leave it can also have other negative repercussions besides debt.

Junior Dakota Bebo had to move off campus because he was unable to pay for classes and rooming, in part because his parents weren't willing to co-sign for loans. Now he is paying out his own pocket and has applied to half a dozen scholarships.

"The scholarship system can be a joke, it's basically a giant lottery," Bebo said. "The price of college in general is beyond any one student's ability to afford. After a while you have to consider is it really worth it to leave school basically owing a mortgage to get an education that may or may not make your life better."

PHOTO CONTRIBUTED BY BARBARA DOYLE

Barbara Doyle left Castleton for Oneonta State in her home state of New York for cheaper tuition.

Students struggle

Survey: 34 percent of CU students have difficulty functioning

PHOTO ILLUSTRATION BY MARTIN VANBUREN / CASTLETON SPARTAN

By Alexandra Binney
Castleton Spartan

Imagine walking into your 8 a.m. Effective Speaking class after spring break, sitting down and taking out everything you need. You begin to look at the syllabus to get a game plan for the rest of the semester. One minute you're ready to tackle the rest of the semester — the next you're ready to break down crying.

You try to stay in class, but it's uncontrollable. The worst part is that you don't even know why you're having an anxiety attack; you know the work isn't too bad, you're more than capable, but for some reason you simply don't feel as if you can handle the rest of the semester.

According to the Spring 2014 Castleton State College Executive Summary, 60.2 percent of students had felt this type of overwhelming anxiety in the last 12 months. In addition, 34.5 percent had felt so depressed it was difficult to function.

"I used to do a lot of distracting things, like play games to ignore it (anxiety and depression)," said Dakota Bebo, a junior studying communication.

This type of behavior is not unusual, but many try to turn a blind eye to the problem. Jimmy Britt, a second-semester junior majoring in communication focusing in journalism and mass media with a film studies minor, believes it's because people "don't want to be judged."

"I wasn't mentally or emotionally prepared for college. I was in the social aspect," said Britt, speaking about his workload. "I started to crack under the pressure."

After taking a semester off and receiving help in the form of neurotherapy, Britt said he was "cured." While on medication, Britt can cope with everyday issues like the stress and anxiety from schoolwork.

Once Britt returned to school, he noticed more and more that some of his friends showed signs of anxiety and depression. He noticed that they depended on him to help them cope. "His coping was spending time with me and not talking about it," Britt said about a friend.

Professors say they look for signs of depression or anxiety in their students. Delma Wood, a Spanish professor who has been at Castleton for 15 years, said "I look for physical gestures. I think students express anxiety when they just look at their phone and they just have to do something with their hands. I don't exactly look for depression, but I think it's more perceived."

And if she does notice signs?

"I just try to see, what can we do? I invite them to do something different and work with them," Wood said.

There are also many places on campus for students to go for help with anxiety and depression like the Wellness Center in the Campus Center.

Counseling is available to those who need it; referrals can be made to local medical practices. It also offers drop-in support groups for issues like stress and mindfulness.

Cynthia Hennard, the director of Wellness Center Services, says that the first thing they do is "assess where a person is at to understand what they're already doing to deal with it and use their strengths."

"Students may not be aware of stresses or they aren't ready consciously to acknowledge them," Hennard said.

Furthermore, it can be more difficult to cope depending on whether or not the situation can be adjusted, she said.

According to Hennard, self-care, meaning sleep, eating, and exercise, is helpful when trying to reduce stress, anxiety and depression.

Students are encouraged by the Wellness Center to get involved and have fun, said Hennard.

"Give yourself permission to see what happens," Hennard said.

The Wellness Center's goal is to help improve student's quality of life, said Hennard.

The Student Support Network is also available to help during stressful times.

"As a SSN member, I received training how to deal with various issues students experience while at college: depression, anxiety, in some cases, sexual assault, but most importantly just being a place where people can talk," said Brian Ward, a senior who has been a member since his freshman year.

According to the Castleton website, "The overall goal of the program is to expand and enrich the network of support on campus so that every member of our community has people looking out for him or her and knows where to go for more help when things get tough."

"We try to encourage the individual to speak to a staff member at the Wellness Center due to their more developed skills," said Ward. "As a member, it's key to realize our connection with students is what makes them feel comfortable seeking out the first steps to healing."

Garden Club creates homey, relaxing patio

Kathleen Webber
Castleton Spartan

Castleton University's Greenhouse and Garden Club recently wanted to make the area outside of the greenhouse more presentable and turn it into a place where people can find peace and comfort. Their solution? They created a garden patio.

At the very end of the spring semester last year, the club worked hard to raise money, including a successful plant sale. After raising enough money, the club was able to buy the wood needed to make raised beds and to create an arbor.

To add to the area, they placed two picnic tables there where anybody is welcome to sit and enjoy the area.

The main focus of the garden patio was to make the greenhouse more welcoming. People would just walk past and seem to not find any interest in the greenhouse or the area surrounding it.

Now, people walk by and take a look at what is growing in the raised beds and they tend to admire the beautiful flowers as well. Club members say they now passersby seem intrigued by the changes and are taking time to check it out.

Professors, students and staff have been seen sitting at the picnic tables, enjoying the last of the beautiful weather and sometimes eating their lunch.

A few weeks into this year, the club had a grand opening for the garden patio, which was a huge success. They would like to thank all who came and enjoyed the welcoming of the new patio to Castleton University.

"We just hope that everyone realizes the garden patio is open to everyone. We want everyone to enjoy the space and have it be a place where people go to relax and feel peace," one garden club member said.

JENN HUDAK / CASTLETON SPARTAN

President Dsve Wolk joins faculty and students for the unveiling of the new picnic area outside of the greenhouse.

Second international film festival kicks off

By Jimmy Britt
Castleton Spartan

The murmur of small talk filled the air in Herrick Auditorium last Thursday. It quickly ended when the audience of students, faculty and community members paid attention to a tall, thin man walking to the front of the room.

Professor Michael Talbott welcomed everyone to the first installment of films for the International Film Festival and introduced the feature of the night. "7 Cajas" (7 Boxes).

The film kicked off the second film festival that the Film Studies professor has hosted in his year and a half at Castleton University.

"7 Cajas" is one of the first films from Paraguay. It has won six awards and gotten eight nominations. The film takes place in the Market Number 4 and follows a young man named Victor who takes on a dangerous job to transport 7 crates that he doesn't know what's inside.

But that's only part of the film.

There's a strong sense of community throughout the film as we see both Victor and his rival, Nelson, fighting to deliver the cargo for much needed money. That's another theme of the film, money and what you can buy with it in this impoverished area.

All Victor wants is a mobile phone with a camera so he can feel like someone who matters and isn't invisible to the world.

As the film twisted and turned, the audiences reactions followed along with what was happening, which can be hard with foreign films.

When the film ended, Talbott held a question-and-answer session. Resident Sandy Brutkoski, who spoke out more than once, said that the pacing and music were nice and made the film flow well.

Students also had only positive things to say about it.

Freshman Drew Hersom thought it was a good film and talked about the different style than he's used to.

Freshman Sierra Fales agreed.

"I thought it was good. It had a lot of plot twists especially with the cases. It also had intertwining stories, which I liked and it was really complex for one of the first films from the country," she said.

Another freshman, Martin VanBuron III, talked about the value of having students and residents gain access to foreign films.

"I thoroughly enjoyed the film. From a student's perspective, it was an experience that not a lot of students get. Just bringing the festival here is exposing students to new experiences," he said.

After the audience had left, Talbott talked about his thoughts on the night.

"It was a good balance. At least a quarter of the attendance was community members. I want to have significant community turnout and I know that the first night was Soundings, which made them a little leery on being able to get in," Talbott said.

Talbott said he hopes more community members attend the next set of films.

He said he was pleased to hear people laughing when they were supposed to and that not many students were on their phones during the film.

Unfortunately Talbott thinks the attendance of students will go down for future films because they will not be Soundings events.

"It's an unfortunate reality that young people in their late teens and early 20s won't always self motivate to expand their horizons. They need to be encouraged to," said Talbott.

He hopes at least two-thirds the number of people who came out this night will be at the other films. But the most important thing on Thursday for Talbott was that people were enthusiastic about the film.

JIMMY BRITT / CASTLETON SPARTAN

Professor Michael Talbott welcomes the audience to the second international film festival.

Black Box excels at emotion

By Catherine Twing
Castleton Spartan

Black Box Theater shows are fun because the audience is so close to the actors. You don't just watch the show; you are a part of it.

When the actors are kissing or fighting, you are there in the room with them. This sometimes makes you feel uncomfortable or like you need to laugh to break the silence.

"Gruesome Playground Injuries," a two-man show directed by senior Cameron Scully was this kind of experience.

One interesting thing about the show, not uncommon in Black Box productions, was the way the actors made costume changes – in front of the audience.

At first it was a little uncomfortable when Nicole DiCicco, who played Kayleen, and Justin Gardner, who played Doug, started undressing in front of the audience. After a few scene changes it became natural and you felt like you were witnessing the characters changing and growing into new people right before your eyes.

The show is written in a non-linear fashion, but you never really feel too confused. The scenes occur at a variety of ages from when the pair is 8-years-old all the way up to when they are 38.

Some scenes refer to others that may or may not have been shown yet. Each can be seen on their own without too much explanation, but by the end, it all fits together and you understand the motivations and consequences behind each scene.

The characters demonstrate what true friendship and true love look like. You see them through years of being apart, mental and physical illnesses, deaths in the family and countless injuries.

Through it all, they care for each other, even when they are hurt or upset. Love isn't always shown in the form of kissing and hugging, it's the small things like showing up when it counts, even if the other person doesn't think they want you there.

The actors both did a great job.

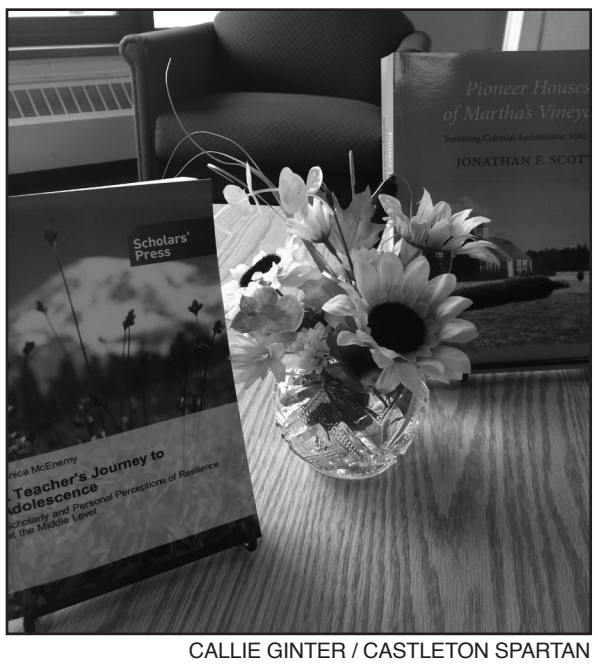
Gardner's child-like style of acting worked well for his clumsy character. DiCicco, in one of her first Castleton productions, had a very dynamic character who started as a silly child and ended as a damaged, grieving woman.

She makes this change easily as the characters go from childhood to adulthood and back again. Overall, I enjoyed the show and the way the actors grow up together even when they are apart.

JIMMY BRITT / CASTLETON SPARTAN

Nicole DiCicco and Justin Gardner star in the "Gruesome Playground Injuries."

Castleton professors publish first books



CALLIE GINTER / CASTLETON SPARTAN

Books by professors Monican McEnerny and Jonathan Scott are displayed in the library.

By Callie Ginter
Castleton Spartan

The Calvin Coolidge library filled up with nearly 30 people Thursday Oct. 1 to congratulate two Castleton professors on their latest accomplishments.

Art Professor Jonathan Scott and Adjunct Professor Monica McEnerny shook hands while people congratulated them on publishing their first books. Scott published a book called, Pioneer Houses of Martha's Vineyard: Surviving Colonial Architecture 1642-1742 and McEnery's book, A Teachers Journey to Adolescents: Scholarly and Personal Perceptions of Resilience at the Middle Level.

Both professors were fronted with the same question: Why did you write it? They're answer: to put a certain chapter of their life to rest so they can move on.

"It goes back to another life I had," said Scott while explaining that he once owned a carpentry business on the island where he grew up and he was fascinated with the old houses. "You go back layer by layer and each layer has its own story," he said. "Cities destroy their pasts … nobody throws anything away on the island," he said chuckling.

Science Professor Helen Mango attended the book release to support her fellow colleagues and was pleased with the event.

"I also happened to run into Jonathan about a month ago in the library, and he showed me his book and I thought it was just so wonderful that I wanted to learn more about it. And I didn't know anything about Monica's research, so I thought this would be a nice way to find out."

"My story is as important as anyone else's," said McEnerny explaining that her advisor at the University of Vermont helped her realize she had a story to tell that people wanted to hear.

McEnerny first considered writing her book in 2010 when she posed herself the question, "why are some students in my class successful while other fail?" From there, she explained how she used encouragement from her loved ones to persevere and publish.

"I was inspired by so many people … nobody does anything alone … lean on the people you love the most, that's my advice," she said.

McEnernys book describes the positive work being done by teachers and students inside and outside of the classroom. Her book goes beyond the four walls of a classroom and makes teaching authentic, and makes the students feel invested.

Mango expressed how impressed she was by her colleagues and all the hard work they put into getting their books published.

"I like to support my colleagues. I know how difficult it is to do research and (especially) get it published - we have a pretty heavy teaching load at Castleton compared to our colleagues at other liberal arts institutions, and making time for research and writing can be tough," she said.

"It took years of research," said Scott holding up his book to the crowd proudly. "I had to get that chapter out of my life."

Student: Studying abroad can be tough, but do it

By Carly Trombley
Castleton Spartan

On Sept. 25, I took the biggest step in my life so far. I got onto a plane, and flew eight hours to Malaga, Spain where I'll stay for the next three months.

I have become one of those people that you hate being friends with on Facebook because you are constantly forced to look at photos of another country with captions like "So Blessed," and "Malaga2K15." It still doesn't feel real. I don't feel like I am going to be here for the next three months.

To be honest, it feels like I am here for a week vacation, but it is the slowest week of my life.

When I first applied to study abroad, it was on a complete whim. I knew I had to do it for at least a semester in order to major in Spanish, but the choice of which company to go through, or where I wanted to go, or which semester was best for me is all a complete blur now.

I remember I didn't even know which company I was going through until I had already sent in all of my information and been accepted into the program. I chose Malaga because it is in the south and I thought it would be nice to have an extended summer and hot weather for another two months.

Wrong.

I miss the crisp air of Vermont and the changing leaves. I chose the first semester because my study abroad advisor told me it was the best one.

Wrong.

I am missing Thanksgiving, and I'll be home the day before Christmas. If I had chosen the second semester, I would be gone for all of the negative degree weather, slush and lame holidays.

In reality, I probably should have put a little more thought into it all, but I didn't. Now I have been here for two weeks and there really is no going back. It is easy to be away when you don't feel like you are missing out on things at home.

When I talk to my family, they tell me I'm not missing anything and everything is normal and boring there. What they don't know is that, that is what I am missing. Everything here goes a million miles a minute and I am constantly learning, or going on excursions, and meeting new people.

I am starting to miss the boring routine that I had a home when I could just relax and not have to think. My brain really hurts now that I think of it. Every time I open my mouth, or need to do something, it's not just second nature like it is at home. I have to think twice as much to do something so simple, because I have to do it in Spanish. Let me tell you, there is a reason why I always feel like I could sleep, even though my bed is as hard as a rock. My body isn't tired, but my brain is exhausted.

I know, I'm complaining a lot. I'm in Spain for lord's sake! Tons of people never will get this opportunity and here I am being so negative about it. Don't get me wrong, I am beyond lucky to be here and I wouldn't trade this for anything because the chances of me getting to do something like this again are slim.

None of it is easy though, and I'll be honest when I say that sometimes I wonder if it is all worth it. Working 60 hours a week over the summer, being away for three months, having to take out a loan, being constantly uncomfortable, and feeling like I am stuck; I wonder if I made the wrong choice.

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Stricter gun laws spark split opinion

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The United States is the only country in which automatic firearms, semi automatic firearms, and handguns are all allowed.

In many countries, self-defense is not a good enough reason to use or carry a gun. This is not the case in the United States.

This debate in Spain was sparked by the recent two college shootings. Students here have a wide variety of opinions when asked about gun laws in the United States.

"Guns should be prohibited in the U.S. like they are in so many other countries. There would probably be less murders that way," Koskinen said.

"The gun laws should be more strict, I think. However, from what I know, a change like this change would probably upset the majority of Americans," Nielsen said.

Several students living in Spain believe that the United States needs to make some serious changes when it comes to the gun laws to avoid this prevalent news they see too often about school shootings.

"In reality, yes, guns should probably be more restricted in the U.S than they are, but it is in their constitution that guns are allowed. The constitution has been around for a long time," Cabrera said. "If changing a law that has been around for that long is as difficult in the U.S as it is in Spain, we won't see anything different for a while.

Scott wants to think 'outside the box' to keep Vermonters here

Continued from Page 1

Back when Scott was a new senator, Sen. Dick Mazza, a Democrat, took Scott under his wing. When running for lieutenant governor, many people suggested he cut this tie due to Mazza's opposing political party, but Scott disagreed.

"It was important for people to know that I had a close democrat friend who supported me," Scott said. "Working with people from the other party, you do find compromise, you do listen, you do your best and what you think is right."

During the lieutenant governor conference in March, Scott discussed Vermont's health insurance exchange with representatives from other states and has been discussing alternative possibilities with legislators in Connecticut and Rhode Island. He also hopes Vermont can work with New Hampshire and Maine saying all three states have relatively small populations and could use each other's help.

When asked by a student what he believed Vermont's largest obstacle to growth is, Scott said it is Vermonters' unwillingness to think outside the box and change how business is done.

Professor Rich Clark, director of Castleton Polling Institute, was very pleased with the opportunity Scott's visit provided for students.

"I think it's fabulous. When students put the questions important to them in front of the candidate they might get the responses they want," Clark said.

SARA NOVENSTERN / CASTLETON SPARTAN

Lt. Gov. Phil Scott visits Castleton to discuss with students Vermont's needs for a growing economy.

GOP club members likewise found his visit incredibly useful.

"I think it was great and a great thing for Castleton," said GOP Club Chairman, Patrick Gilligan.

"Students don't take the time to watch the news or understand what's going on," said Zack Holzworth, club vice chairman. "It's a way to keep the students informed of what's going on in our state and country. Also to put Republicans in the senate and house to make the state government more balanced."

The club plans to bring more politicians to campus including Randy Brock on Oct. 22, Bruce Lisman on Oct. 27 and Jim Douglas on Nov. 11.

Wolk: There are two sides to a story

Continued from Page 1

Former Castleton football player, Ryan Stanek, said he finds it hard to believe that his former coach would discriminate against a black player.

"He (Williamson) is trying to make a statement and destroy the school name and the coaching staff because he is pissed off he wasn't playing," Stanek said. "He's a black running back and look who beat him out, another black running back."

Jelani Williams-Beckett, a former Spartan who also played for Volpone in 2014, was asked if he ever felt discriminated against for being black.

"No not even in the least bit. In fact, earlier this year I was asked multiple times to come and speak to the team," he said.

Williamson is not the first player to be dismissed from the team under Volpone, according to another former Castleton football player, Tyler Combs.

"People were kicked off, but was usually for attitudes. Bad attitudes in the classroom, in the weight room or on the field," he said.

Combs said there were criteria for staying on the team, including things like community engagement, grades, attitude in the weight room and overall attitude toward the team.

Williamson, 21, transferred to Castleton from Division 1 Marshall University. In high school, Williamson was selected to play in national all-star games and spent a post grad year at Hargave Military Academy before attending Marshall on several scholarships, according to Williamson.

There are no records of Williamson playing football at Marshall and calls to Marshall's football coach and athletic director were not returned.

Conor Crotty, who played for Volpone during his time at Endicott College, said he was "shocked" by the accusations.

"He never disrespected anyone because of the color of their skin," said Crotty.

Volpone referred all questions to Jeff Weld, the director of Marketing and Communications at Castleton.

"We take allegations of discrimination and/or violation of student rights seriously," said Weld.

Although President Wolk was not allowed to comment due to student privacy laws, he did say in an email "please keep in mind that there are two sides to a story, even though we are prevented from providing the facts regarding what has transpired."

AP comes to Castleton

ELIZABETH WALLER / SPARTAN CONTRIBUTOR

Dwayne Desaulniers, Associated Press' director of New England Media, visited Castleton last week telling of new journalism technologies and informing students of internship possibilities. He chatted with The Spartan Sports Editor Jordan Lumsden following the talk.

PAC survey enlightens

By Jason Irish
Spartan Contributor

"If you say nothing you help him. If you say something you help her." This is a line that resonated in the minds of first-year students and athletes after attending PAC's latest presentation.

As with every time this emotionally charged presentation is held, some students felt uncomfortable and others even accused. A survey was sent to students in all different years at Castleton with some thought provoking questions to see how students felt about the presentation and PAC itself.

The questions in the survey included: "Are you aware of the group PAC on campus?" "What is your view of the group?" "Do you think PAC, or a group like it, is necessary on campus?" "Do you believe PAC when they say they do not male bash?" "If you are a female how does PAC make you feel?" "If you are a male how does PAC make you feel?" "Do you believe PAC is successful at the views it tries to portray and that they are successful in making campus a welcoming, safe community?" Participants were also given a chance to add anything else they wanted.

The first important detail to note was that every participant was aware of the group PAC on campus. From there, opinions became a bit more varied.

A female participant wrote, "While I understand PAC was created with the intention of spreading awareness to prevent crime/issues, in my own experience, members of PAC use the group to push their own agenda. I have heard a lot of anger and hatred for men in particular."

This seems to be an opinion shared by many in the campus community.

When it came to the question "Do you believe PAC when they say they do not male bash," 60 percent of the survey participants said they did not believe it.

An individual who identifies as gender fluid said, "I have never seen a scenario played out in one of their presentations where a male is a victim. Men have always been the attacker, and during their presentations, men were only there to read facts and say that 'PAC is not about bashing men.' Sure there are male members of the organization, but that does not mean that there is no male bashing going on."

A female respondent agreed,

"I have heard members of PAC bashing males. While they may not be in a group presentation, as a member they do represent the group."

While there are negative views, individuals do appreciate the work PAC does.

One female individual said, "Not only is it good for people who have experienced it [sexual assault], but it creates awareness on campus of these kinds of issues."

When female participants were asked how PAC makes them feel, five out of the nine answered positively.

Echoing what most of the positive responses said, a female participant wrote, "It makes me feel that if something is to happen then there will be people there to talk to and support me."

Trombley: Future posts to focus on food, culture

Continued from Page 5

Even though now, it doesn't seem worth it, but when I come back fluent and more confident than I have ever been, I know it will be. I just have to get through the hard parts, like the epic homesickness. But I know it won't last forever. Nothing worth having ever comes easy.

As I go through my day-to-day life here, struggles and all, I would still say to go abroad if you asked me. I'm not going to lie though, some of it is going to suck. In fact, a lot of it is going to suck, but more of it will be amazing, unforgettable, and totally worth it.

I told myself that I was doing this because I had to and because I had no other choice. I lied to myself and made a lame excuse. I didn't have to do this, or anything. I could have chosen to only have a minor in Spanish and then not have to study abroad, or I could come home half way through my trip. I still don't have to be here. I want to be here, whether I know it or not. Or whether I'll admit it or not.

If I didn't want to be here, I wouldn't be.

I don't know what type of audience this blog will be reaching, but I hope it is students who want the extra information about what it is really like to study abroad, the kind of information that I wish I had before I came here.

In the end every experience is going to be different and there are a lot of factors that can make or break your study abroad experience, but hopefully this will give you a real insight on some of the positives and negatives of a study abroad experience.

Just in case you were wondering, I'm not the type to sugar coat anything. If something is bad, I'll tell you it's bad. If it is amazing, I will do the absolute best I can to explain to you just how awesome it is. For the future I really want to focus on specific topics for the next bunch of blog posts. I want to focus on roommates, food, cultural differences, classes, trips, and the list goes on. I would also love to hear from you all as well. Leave a comment or email me if you have any questions about studying abroad, or life in Spain.

Students hold power in tenure decisions

Continued from Page 1

But does that mean that professors are too careful before they get tenured?

Maybe.

"I've had new professors who seem too scared to say anything that may be taken wrong that our discussions in class can get boring," said sophomore Kendall Greene.

There are flaws to the system, as with any system. There are people who will slip through the cracks and get by even though they shouldn't have.

Some professors had suggestions on how to improve the tenure process.

"It should be a more rigorous process. We as faculty hold the students to a high level, and I believe we should be held to a higher one as well," Vermilyea said.

This was a popular opinion.

"If I were to make any changes, I would say that tenure should be a higher bar. This is such a pleasure to be able to do this line of work, that the price of admission ought to be high," Clark said.

Professor Paul Cohen looked at it from a business standpoint.

"In the business world, it probably doesn't make much sense. You want to be able to get rid of the deadwood, but I don't see that as an issue here at Castleton," Cohen said.

Overall, there are varying opinions about tenure at Castleton, as there are all across the country. In the end, student evaluations count for a lot more than most people realize. The committee that reviews the files up for tenure is reviewing the student evaluation forms and thinking about making some changes, according to Keyes.

"A lot of this is in the hands of the students. If we have students being apathetic on those evaluations, we could have faculty moving through who shouldn't be and getting tenured. The students hold a lot of power," said Vermilyea.

WILLIAM CHMIELEWSKI / CASTLETON SPARTAN

Students listen to tenured professor Christopher Boettcher's lecture.

Spartans welcome new arrivals

By Eva Clark
Spartan Contributor

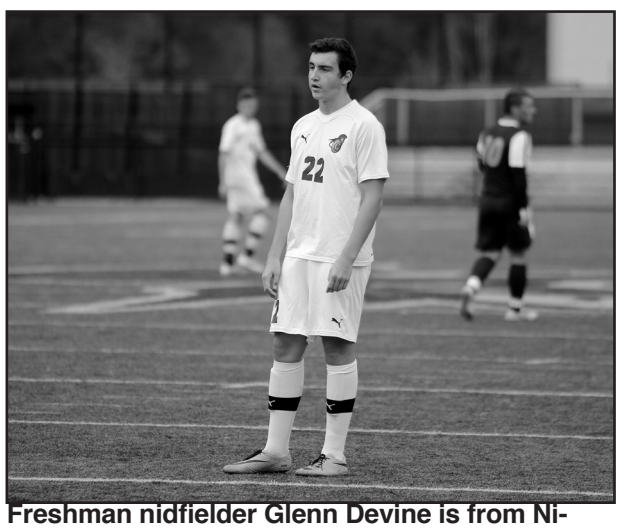
There is a select crew of Castleton University athletes who can say they have grown up playing their respective sport in another country. Men's soccer players William von Heland of Stockholm, Sweden and Glenn Devine of Niagara Falls, Canada are included in that minority. In the short time that they have lived in America, they have become integral parts of this year's squad.

Senior defender Eric Cross said they've been welcomed additions.

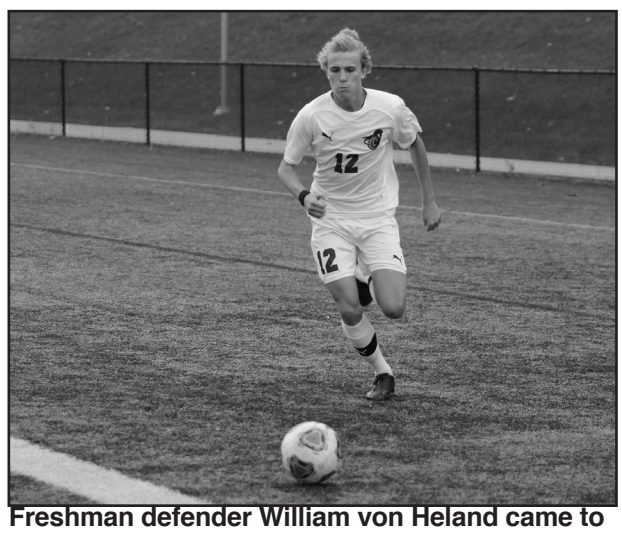
"They bring with them a new culture and attitude we all embrace and enjoy," he said.

Teammate PJ Phillips said the team has a more uplifting spirit this season thanks in part to von Heland and Devine.

"The past couple of years, the team was quick to get down on each other and themselves. I think with the addition of the international students, they have helped us past that problem. Their attitude has helped adjust the way we react to certain situations," Phillips said



Freshman nidfielder Glenn Devine is from Niagara Falls, Ontario.



Freshman defender William von Heland came to Castleton from Stockholm, Sweden.

Although this is the first year he has had international players on his Castleton team, coach John O'Connor has had plenty of experience working with them on previous teams.

"I feel like they bring a different kind of cultural thing to it because soccer is part of the culture with these guys," O'Connor said. "I think they embrace it more and I think our guys embrace that too. They value playing a little bit more because of these guys."

He also talked about their different style of play. For instance, von Heland, perhaps mimicking the European style, has quick feet and exceptional technical skill.

"I think William is closer to kind of a Dutch style, more of a passing game. And when you see him, technically he's very good. The way he plays is actually closer to the way we're trying to play," O'Connor.

Devine, from the Canadian province of Ontario, is used to more physical play.

"Glenn has got a little bit more of a power game, and I think that comes from being in Toronto, around that area. Although the players are technical, there's also a kind of power part of it and I think that's where his strength lies," the coach said.

But neither player said they see a big difference playing in a different country.

"It's kinda similar. A little bit more long balls here. We have more team play in Sweden, short play. And maybe we switch sides more. But it depends," von Heland said.

As for Devine, he noticed less of a difference technically, but commented on how college soccer "is a lot more physical." Both agreed, when asked, that it wasn't hard to adjust to American soccer.

"Not really, because I played club in Buffalo for four years," Devine said. Von Heland agreed saying "American soccer, as I said, is kinda similar, but of course there was some tactical things that I had to adjust and get used to. But I think it came quite easily, Coach was good about teaching those things to me and told me things I could do better in certain situations."

And both said their teammates made the transition pretty easy with von Heland saying the team dynamic is "really good."

"We are spending a lot of time together; we're practicing every day. On the weekends we all hang out as a team. I like it, it's really cool. It's always nice to have a team to rely on. As an international student, it's always nice to have a safe card," he said.

When asked about his expectations for the team coming into the season, Devine said "they've been surpassed."

The next opportunity to see the team play is Saturday at 3:30 p.m. against Husson University.

Castleton crushes Gallaudet 40-0

COURTESY OF CASTLETON ATHLETICS

Freshman running back Moe Harris escapes a Gallaudet defender in Saturday's game. Harris finished the game with 130 yards and two touchdowns.

By Mike Davis
Castleton Spartan

Coming off a big home win last week 34-14 over Mount Ida, Castleton took the field at Spartan Stadium this past Saturday looking to build off of their success from a week ago as they welcomed in the collegiate institution for the Hearing Impaired and conference opponent, the Gallaudet Bison.

The young Bison team (0-4, 0-2) made the long trip to Castleton from our nation's capital for the noon time kickoff in hopes of stealing a victory from this year's talented 2015 Spartan team (3-2, 1-1).

With the student body returning to campus following a week-long fall break, the crowd was electric and eager to watch their Spartans pick up another victory, and they didn't disappoint, defeating the Bison 40-0 and recording the program's first ever shutout.

Although Gallaudet came into the game without a victory and were not able score, they did however show impeccable sportsmanship and played hard on every down for all four quarters of the ball game.

Quarterback George Busharis had a solid day as he went 15-22, for 238 yards and threw up a beautiful 36-yard touchdown pass in the back of the end zone to local senior receiver Cyle Machia, from Mill River high school.

Freshman phenom and fan favorite Mo Harris was once again stellar in the contest, as he rushed for 131 yards and three touchdowns on 24 carries.

The large Castleton crowd erupted into "Let's Go Moe," chants after Harris unleashed a 95-yard kickoff return for the touchdown to start the second half of the game, which really shut the door on any hopes for the Bison to walkout of Spartan Stadium with the win Saturday.

"It's just fun blocking for Mo," senior captain offensive lineman Jordan Tolar said. "He has really been a huge part of our success this year, and we are blessed to have him with us at Castleton. He is going to go on to do big things with our program and Spartan fans should be excited about Mo Harris, Let's go Moe!"

Castleton not only found success on the offensive side of the football, but the defense was yet again dominant for all four quarters led by Darren Callan with a team high 16 tackles. Leo Audy finished with 10 tackles and a sack on the day. Junior Tyler Higley made his second straight start at cornerback for Castleton and was able to once again find success just as he did a week ago by adding two more interceptions to his repertoire, giving him four in the last two games. Higley couldn't speak enough about his teammates and how they have helped him be successful this season.

"Our defensive line and linebackers did a great job getting pressure and forcing some throws off target for our secondary,"Higley said. "It's great playing with these guys on defense, we've become a close family and we all just try to do our jobs and be successful as a unit, I am just happy to be a part of it."

Senior Linebacker Jay Morgan also had a little bit to say about his new defensive teammate stepping up for the Spartans and about the direction that this team is headed.

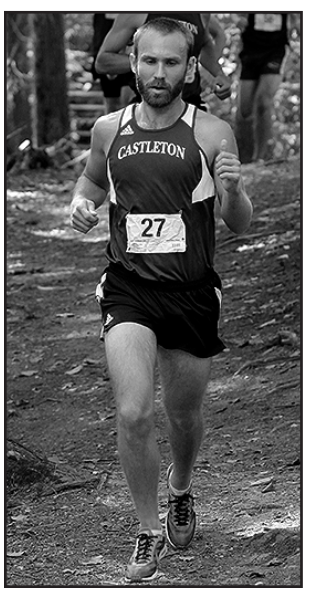
"I think everyone just did their job today," Morgan said. "We have been playing much better team football the last couple of games, but Higley has stepped up big for us the last two games, and he seems to be in the right spots.

"The ultimate goal is to play to our potential every week and not let a game slip away. We know what this team can do, we just have to do it."

The Spartans (4-2, 2-1) look to add to their success when they travel to New York next weekend for a 1 p.m. showdown at Reinhart Field with conference opponent SUNY Maritime (3-3, 1-2), which is coming off of a tough conference loss to Norwich last weekend.

Sports through pictures

COURTESY OF CASTLETON ATHELETICS



COURTESY OF CASTLETON ATHLETICS

WILLIAM CHMIELEWSKI / CASTLETON SPARTAN

Zach Temple (left) finished third overall and the Spartans finsished third as a team in the NAC championships earlier this month. Temple also earned NAC first team selection to finish his junior season. Ben Girard and Molly O'Callaghan (top) helped Castleton Cross Country sweep the Green Mountain Invitational last weekend. Girard finished second, O'Callaghan finished third. Castleton women's tennis (bottom) claimed the runner up prize in the NEAC tournament earlier this month. The Spartans fell to Colby Sawyer 6-0, which was undefeated this season in conference competition. Gabrielle Ryan (right) shields the ball from a defender in Saturday's game against Husson. The Spartans fell to the the Eagles 4-1.

Castleton falls to Middlebury 2-0

By Jordan Lumsden
Castleton Spartan

The Castleton women's soccer team fell 2-0 to Middlebury College last Thursday night at Spartan Stadium.

Entering Thursday's contest the Spartans had won back-to-back games against conference opponents by at least four goals, but fell short thanks to the Panther's accurate and crisp passing game.

Castleton's back line helped slow down the Middlebury forwards, drawing them offside twice in the first six minutes.

"They're really good at through balls and knowing where the spaces were, but we adjusted and our defense slid together and worked together so we could eliminate as many passes as we could," said senior Justine Rotz.

But Middlebury's Adrianna Gildner was able to find that space, setting up Hannah Robinson for the early goal. Robinson ran onto Gildner's through ball on the right side just inside the box, placing a shot just over Castleton keeper Jessica Binkowski and into the top left corner of the net, putting them ahead 1-0 just over seven minutes into the contest.

The Spartans went into halftime trailing the Panthers by one, but felt confident in their play.

"They really challenged us. They moved the ball really quick, but I think we held them. They did get through a couple times, but I think we could recover and it was definitely a learning experience for our defense," said senior Allie Vachon.

Middlebury came back from halftime with a little bit more spark than the first half. Four minutes into the second half Robinson fired a shot from 22 yards out that was saved by Binkowski and deflected off of the crossbar. The rebound landed at the feet of Gildner whose shot was stopped by Binkowski point blank from six yards out.

But that rebound came right back to Gildner who put it in the back of the net, adding her second of the night and putting the Panthers up 2-0.

Middlebury continued to attack throughout the second half of the period, but the Castleton defense began to adjust and limited the opportunities for quality chances.

"I think we absorbed a lot of pressure, I think we gained confidence in our ability to defend against another good team. I don't think in any shape or form we panicked," said Castleton head coach Chris Chapedelaine.

Chapedelaine emphasized that although they try and win every game, non-conference games like these prepare his team later in the season when facing conference opponents.

"I wanted to make sure that we had a game in there that was going to set the tone, was going to set the pace, was going to set the speed of play that we need to come out to be successful," Chapedelaine said.

Castleton and Colby Sawyer College continue to fight for the No.1 seed in the approaching NAC playoffs. Castleton looks to remain perfect in conference play as they take on Husson at 1 p.m. Saturday and Maine Maritime at 12 p.m. on Sunday both at Spartan Stadium.

WILLIAM CHMIELEWSKI / CASTLETON SPARTAN

Dominique Valancius crosses the ball to a teammate last thursday night against Mlddlebury.

My Louden experience

By William Chmielewski
Castleton Spartan

Imagine standing among thousands of people and then Curt Schilling, the Walburgers, and Olympic stars walk by you.

As all this is happening, you hear that defining roar as fans cheer for their favorite driver, and at that moment it hits you, you are at New England's largest sporting event: the NASCAR race at Loudon.

If you ever get the chance to go, it'll be an experience you'll never forget and one that will have you itching to relive for years to come.

The day began with activities in a fan zone right outside the track where drivers being interviewed could be heard all around in between the deafening sounds of the race cars at full throttle on display to impress fans.

And this was just the beginning, outside the track, before any of the racing had begun.

Next was the journey inside the gates to get into the track. There were people scanning tickets and checking bags, and the anticipation was maddening for what waited up the stairs – the first look at the track for the racing of that day.

After the exhilarating view from above, the journey took us on the track and we were met with the load roar of the engines as they began to get cars ready for the day. Walking up and down pit road you could hear the crew members talking.

I told one pit crew member how I had to leave at two in the morning in order to get to the track. He responded saying he was on an airplane at 2 a.m. flying from Kentucky where there was a race the day before.

WILLIAM CHMIELEWSKI / CASTLETON SPARTAN

Drivers enter turn three in this year's Sylvamia 300 at New Hampshire Motor Speedway, the first race in the chase for NASCAR's Sprint Cup.

As I kept walking, I could smell the glue that was being used to attach the lug nuts to the tires for the race later in the day. Adding to the sensory overload, right in front of where this is happening is a concert, with country music artist Brett Eldredge preforming for the crowds of people in the stands.

As the morning turned into early afternoon, race time was fast approaching. It was now time for driver introductions. You would hear the names called followed by loud cheering from fans for their favorite drivers.

"Now welcome to the stage, driver of the number 88 Nationwide Chevrolet, Dale Earnhardt Jr.!" the announcer yelled, followed by an eruption of cheers from the stands. After all the drivers were introduced, the pre-race prayer was delivered by Red Sox great Curt Schilling, a treat for all the Red Sox fans in attendance.

Then came the command, and with the fans in a frenzy, the engines of the 43 cars came to life and it was one of the most beautiful sounds I have ever heard.

The race was on and from there the speedway was filled with the smell or gas and burnt rubber and thrilling side-by-side racing. It's 300 laps of some of the best racing the world has to offer. It was soon obvious that one car, driven by Kevin Harvick, was clearly the best all day.

Others had problems.

Kyle Busch, one of the most hated in racing, had a tire blow sending him into the wall, leading the fans in the stands to cheer loudly for his demise. As the race went on, it was clear only two drivers, Kevin Harvick and Matt Kenseth, were in contention.

It came down to three laps to go and Harvick was leading, until his car suddenly slowed. He was out of gas, and the fans went nuts. This meant that Matt Kenseth had an easy drive to victory. As people cheered for him winning, the stands filled with confetti from cannons under the stand and smoke filled the air. The race was over, and for this race fan, the day could not have been any better.

WILLIAM CHMIELEWSKI / CASTLETON SPARTAN

Kyle Busch makes a pit stop in this year's Sylvania 300.

Spartans volleyball digs pink

ASHLEY CALLAN / CASTLETON SPARTAN

The Castleton women's volleyball team came away with a win at the annual Dig Pink game on Oct. 14 against Cobleskill. Each year the team selects one home game where they will wear pink attire to help spread awareness for Breast Cancer Awareness Month. The team pulled together a bake sale and raffled off a pink basket this year to help raise money, which goes to a related charity of the team's choice. This year the girls helped fund $125 toward the Side Out Foundation, which helps millions of beast cancer patients regain control of their lives by providing research and funding.

Sports Talk with Jordan Lumsden

These days, it's hard to tell the difference being a movie star and a professional athlete. With so much national attention on superstar athletes, it's easy for someone to get caught up in the distractions that come with fame.

It's easy to look back at certain stars, like Dennis Rodman, and notice the long-standing habits of drug and alcohol abuse.

But what about the athletes, struggling with addiction, who are playing right now?

C.C. Sabathia, a starting pitch for the New York Yankees, recently checked himself into alcoholic rehabilitation. While Sabathia had a rough year in terms of his own standards, many thought he would come alive and return to his original clutch form in the playoffs.

Sabathia, however, had different plans in mind.

He chose to get help. He was not afraid, ashamed, or forced into anything. He simply made a choice.

"I owe it to myself and my family to get myself right. I want to take control of my disease, and I want to be a better man, father and player," Sabathia said in a letter addressing his decision.

For others, unlike Sabathia, it's harder to ask for help.

Lamar Odom played 15 seasons in the NBA for five different teams, most recently the New York Knicks, before retiring in 2014. Odom has also suffered with drug and alcohol problems for many years.

Odom collapsed in a Las Vegas brothel, reportedly from a drug overdoes earlier this month and remains in serious condition.

According to a 2013 ABC News article, Odom checked himself into a rehab center following a DUI arrest. He then signed with the Knicks enthusiastic about joining the team clean and focused.

Odom isn't the only recent case of a professional athlete abusing drugs.

Jared Stoll of the Los Angeles Kings was arrested this summer for possessing two controlled substances. ESPN.com reports that Stoll was searched in a routine pat down before entering a party at the MGM Grand in Las Vegas.

According to the Las Vegas Metropolitan Police Department arrest record, and reported by ESPN.com, Stoll had 3.3 grams of cocaine in the right back pocket of his swimsuit shorts, several gel capsules of MDMA and 8.1 grams of an Ecstasy-type substance with a street name of Molly.

You may be thinking, how do these players get away with such extensive drug use and still pass league drug testing?

This is because under the collective bargaining agreements of both the NHL and the NBA, drug tests only screen for performance enhancing drugs. Recreational drugs such as cocaine and marijuana will still show up in results, but players will only be referred to substance abuse counseling if the problem is "severe."

The people suffering from addiction do it behind closed doors. They shield themselves from outside opinions, scrutiny and judgment, silently sinking deeper into their disease.

For those strong enough to take the first step and ask for help, I applaud you.

I visited Montpelier High School while on fall break and talked with Athletic Director Matt Link, who graduated from Castleton in 2008 and played varsity hockey for the Spartans. We spoke in depth about the culture of drugs and sports. He mentioned that although we hear about these shocking cases the majority of athletes must remain clean in order to keep their competitiveness.

"Your sport should be your addiction," Link said.

Castleton Spartan

CASTLETON UNIVERSITY'S STUDENT NEWSPAPER

Wednesday November 4, 2015 CastletonSpartan.com Castleton, Vermont

Molinari: Camera upgrades planned for lots

By Olivia Maher
Castleton Spartan

After a string of recent on-campus vehicle break-ins and vandalism, students wonder what kind of action is being taken to stop future incidents.

Public Safety officials believe the vandalism to be random, drunken actions from through-traffic up and down South Street late at night, while others think the break-ins may be drug related.

"Seeing my window smashed and all of my belongings rummaged through was a horrible feeling. Since the incident, I don't feel as safe here at school," said Danielle Pickard.

Students expressed confusion as to why the campus doesn't have a camera system in place, overseeing parking areas. Their confusion grew upon hearing that there is in fact a system in place.

"It's very unsettling knowing what can potentially happen without anyone finding out who did it. I'm surprised to hear that we have cameras in the South Street lots" said Ajla Medic, a student with a car on campus.

Keith Molinari, the director of public safety, said help is on the way.

"We have constantly running camera's…but there's some issues with them. When they were installed, they were good for the time, but they're in the process of being upgraded," he said.

For Medic, the upgrades can't come soon enough.

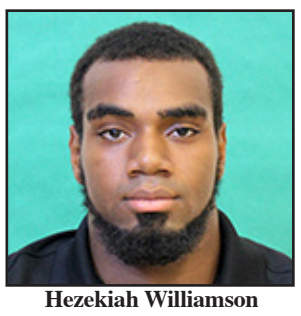
"The sooner they get replaced or updated, the better," she said

But students say comfort could be taken until the time of the updates through identification of current suspects of the vandalism.

"It would be nice to find the people who have been doing the destruction and also I think it would stop people from doing it knowing that there are cameras watching," said Tori Fischer, who has a car on campus.

Continued on Page 6

Hezekiah Williams to stay at Castleton



Hezekiah Williamson

By Casey McGraw
Castleton Spartan

Hezekiah Williamson, a former Castleton University football player, will be staying at the university following a disciplinary hearing last week, according to Jeff Weld, Castleton's director of Communications and Marketing.

The hearing was a result of an Oct. 16 incident on campus in which Williamson was arrested and charged with simple assault and disorderly conduct.

"I felt relieved. He still has a chance for his academics," Williamson's mother, Alexis, was quoted as saying in an Oct. 29 Rutland Herald article. "It was a gift."

Calls and text messages to Hezekiah and a call to Alexis for comments on the hearing went unreturned.

Williamson, at the hearing, was found to have violated three policies from the student handbook, involving disorderly acts, interference with officers of the University and use of physical means, according to Weld.

Dean of Students Dennis Proulx helped define Castleton's student conduct policy and the All-University hearing process, without offering specifics on this case.

"An All-University hearing is three perspectives. It is made of a student (appointed by college court), an administrator and a faculty member," Proulx said. "There are three equal votes and the majority rules on what is being charged."

"Conduct at its purest sense, is a conversation to say 'I think you screwed up, tell me if you agree. If we agree, then this is how you make restitution, or because of your conduct, if you have these issues that are getting in your way and are getting in your way as a successful academic, then let's put these sanctions in place so that you can figure that out,'" Proulx said.

According to Alexis Williamson in the Rutland Herald article, her son is allowed to stay at Castleton, but he is on university probation for two years, must attend alcohol counseling and must meet with Proulx weekly.

Williamson was released from the football team on Sept. 27 and on Oct. 13 the NAACP contacted the university with concern about the reasoning behind his dismissal. Williamson told the NAACP he felt discriminated against.

"They kicked me off the team and they didn't tell me why. That's the thing," Williamson said in a previous interview with The Spartan.

While current football players are prevented from speaking on the issue, former players quickly came to the defense of head coach Tony Volpone. One believes Williamson was simply upset he wasn't playing and looking for someone to blame.

On the night of his arrest, Williamson said he was at a party in North House, an on-campus dorm. He then walked back to his dorm with two rugby players who called Public Safety because they thought he needed medical assistance, according to the Herald article.

In a previous interview, Williamson told The Spartan he only had "two shots" and was "just tipsy."

Williamson in a previous interview said six Public Safety officers subdued him in the dorm before police arrived. Williamson was charged with disorderly conduct and simple assault for assaulting "at least three" of those Public Safety officers, Castleton Police Chief Peter Mantello said in a previous interview with The Spartan.

"We didn't have any trouble with him, he was very compliant," Mantello said in the Herald article.

Calls to Mantello for comment on the status of the charges were not returned by press time.

Williamson still awaits a court date on the charges, according to a clerk with the Rutland County District Court.

A real show stopper

By Karsen Woods
Castleton Spartan

Taped to the face of Meghan Hakey's desktop computer is a small, handwritten note that reads "60%". The note, written by her fiancé, Jake Colby, signifies the probability of an engagement, from an earlier conversation between the two.

While the 60 percent promise would presumably hold off Hakey's wedding itch, on Sept. 26th at the conclusion of Castleton's production of "August: Osage County," Colby dropped to one knee and announced that his love was 100 percent.

"I kinda just blacked out, and Kit looked at me and said 'that's you, Meghan!'" Hakey said.

Both Hakey and Colby are no strangers to the theater, and sharing this life event on the very stage that brought them together was only the tip of the iceberg. Colby, the assistant stage director of the production, spent most of his time opposite of Hakey, who had a lead role in the show. According to Colby, keeping the secret contributed to the excitement of his on-stage moment.

"I was a little nervous, not of the result, but from the build up. In the middle of calling cues I would think to myself, 'I'm one cue closer,'" he said.

To his advantage, the few people in on his secret were also consumed with the production of the show itself. Rich Cowden, the director and producer of the show, said because so few people knew, it wasn't hard to keep the secret.

PHOTO CONTRIBUTED BY RICH COWDEN

Jake Colby and Meghan Hakey get engaged on stage after Castleton's production of August: Osage County on Sept. 26.

"I was completely obsessing over the show ... so it was kind of easy to put in my pocket and compartmentalize, but I was totally stoked about this – I couldn't wait to see what was going to happen," he said.

Cowden, the ringleader of "August," said the engagement was a capper of the show and the significant, unique bond the cast shared.

"It made total sense," he announced with distinct satisfaction.

The feedback from Castleton community goes far beyond the theater department and cast that was able to share it. Castleton University's Facebook page shared the video of the engagement, which went viral, with over 2,000 views. The publicity and response was no match to the impact of sharing this moment with the cast – or more accurately, the family.

"The relationship that the entire cast had built is what really put it over the edge, because it was just a big giant family up there. Everyone was just so excited," she said.

According to Hakey, remembering the moment wouldn't be possible without the videos that captured it, and each time she watches it, she notices individual reactions.

Those reactions could not have been more organic, as everyone remembers their first thoughts when Colby stole the stage.

Continued on Page 6

Send us your photos!

PHOTO OF THE WEEK CONTRIBUTED BY MARCO LAM / CASTLETON SPARTAN

Want your photo to be photo of the week? Send your submissions to thespartan@castleteon.edu. This photo comes from the Halloween bash at Fishtail Tavern.

Now I'm a believer

Psychic makes connections with lost loved ones, including my grandfather

By Jadie Dow
Castleton Spartan

I've always been somewhat of a skeptic. Sure, I believe in God, but there are just things that aren't real. The people who believed in ghosts, spirits and the dead haunting the living always seemed a little ridiculous to me.

Until the ghost hunter came to campus.

Chris Moon stood at the front of the Old Chapel's lecture hall and told the crowd of 90 students his best stories, starting from when he was seven. He's been shoved up against walls, used as a way for spirits to give themselves shape and he's even been choked with an invisible rope.

He's seen people scratched, shoved and thrown.

Moon has even been possessed. Three times.

He has devoted his life to finding the supernatural and investigating it. He goes to places with paranormal activity, brings along his trusty "telephone to the dead" and helps the no longer living transition to the other side.

This whole part of the presentation, again, was a little shaky for me. Pictures can be manipulated, stories can be altered.

But that's when he opened the Old Chapel on the edge of campus for spirits to come forward and talk.

The temperature dropped. A breeze periodically brushed the faces of the living in the room. They weren't the only ones there anymore.

Moon pulled out a night vision camera and let students look through it. There were white flashes across the screen.

If that wasn't enough for people to believe, Moon then pulled out what looked like an old radio with magic marker on it, and asked the room for silence. Static came through on the machine.

Moon opened it up for questions from the crowd. "Is Penelope here?"

More static. Then a clear "yes"

"Where did Penelope live?"

A few seconds passed. "Ellis."

Goosebumps smashed through my skin. Is this guy for real?

A few more questions were asked before Penelope and the other spirits in attendance got hostile. Through the radio came, "Leave. Get out."

Moon quickly listened and shut the machine off in fear of something negative happening. The lights were turned back on and sighs of relief echoed in the room. That was intense.

If that didn't convince me, the next part did. He turned the machine on and told the crowd to talk to our loved ones who have passed.

Continued on Page 6

In Spain they work to play

I just had my last day of classes for my first month here in Spain. They gave us two prompts to choose from and we had to write a short timed essay on one of them. I chose: "What was your first impression about Malaga. Tell us a little bit about the people, the cultural differences between us and your home country, and the things that you like and dislike."

Not only did I ace the paper, but also I thought that this specific topic would make a good blog post. I feel like when people ask about my trip here, their first couple of questions are, "What's the food like?" "How are the classes?" "Do you go to the beach everyday?" And while these are all important questions to which I answer, great, good, and not everyday, I think that the more interesting answers lie after the question, what sort of weird stuff do the Spanish people do?

The first one is obvious. Spanish people are definitely night owls. When you go out to a party in America, you stay out until 2 or 3 in the morning and then crash for the night. When you party in Spain, they go well into the morning and then head straight to school or work afterward. I honestly don't know how they do it.

Some clubs don't even open until 2 a.m.! I was riding the bus home last night ready to go to sleep at around 1a.m. and there were elderly people going into the city.

Spain lives life after dark. They don't eat dinner until around 9 p.m. and it's always as a family. When I tell my family, it freaks them out completely. They hear that I'm riding the bus home alone at 4 a.m. and they think that would be a good time to pull out my pepper spray and start showing people who's boss. (That would be kind of hard because pepper spray is actually illegal here.)

Little do they know, the streets are still full of people that late. I'd rather walk a street full of people in the wee hours of the morning than all alone.

Another major difference between Spain and America is service. Here, the service is horrible. When I walk into a supermarket or a restaurant in America I expect to be greeted and asked how I'm doing, and what I want. I expect to have fast service and then you give them a good tip to say thank you.

The problem in Spain is they already include the tip on the bill. They get tipped whether they are nice to you or not. You might get a nice waiter who is interactive, but that's if you're lucky. What you usually get is one menu for the entire group of people you are with, and no time to look at that menu because 30 seconds after you sit down someone is asking you what you want.

If you take too long to answer, they just walk away and won't come back unless you call them over. When you finally get your food, you never see the waiter again. You could be sitting there for hours before someone brings you a check.

Chances are you'll have to call over the waiter yet again to get the check, and call him over again to take the check from you. It's great for people who don't like to be bothered at restaurants and stores by the staff. Note to all of you though: restaurants hate it when a massive group of Americans come rolling in, not knowing what they want.

I am the kind of person who needs all my questions answered before I feel comfortable doing something. On this trip, my anxieties are off the walls crazy. The study abroad company wants you to relax and have fun and just go with the flow, and the school teachers are used to teaching Spanish students who, for the majority, don't care about what's going on and just want to leave and go have fun. That doesn't work for me. The other day when I asked my professor what day and time our final exam was, she didn't know. So I asked the other ones and they didn't know either. So I thought, okay, maybe it just hasn't been scheduled yet. But then I thought, we have less than a week left of school, why has this not been scheduled yet! Then when it came to studying for the exam, I asked the professors what sort of things will be on the test so I knew what to study.

They response I got blew my mind.

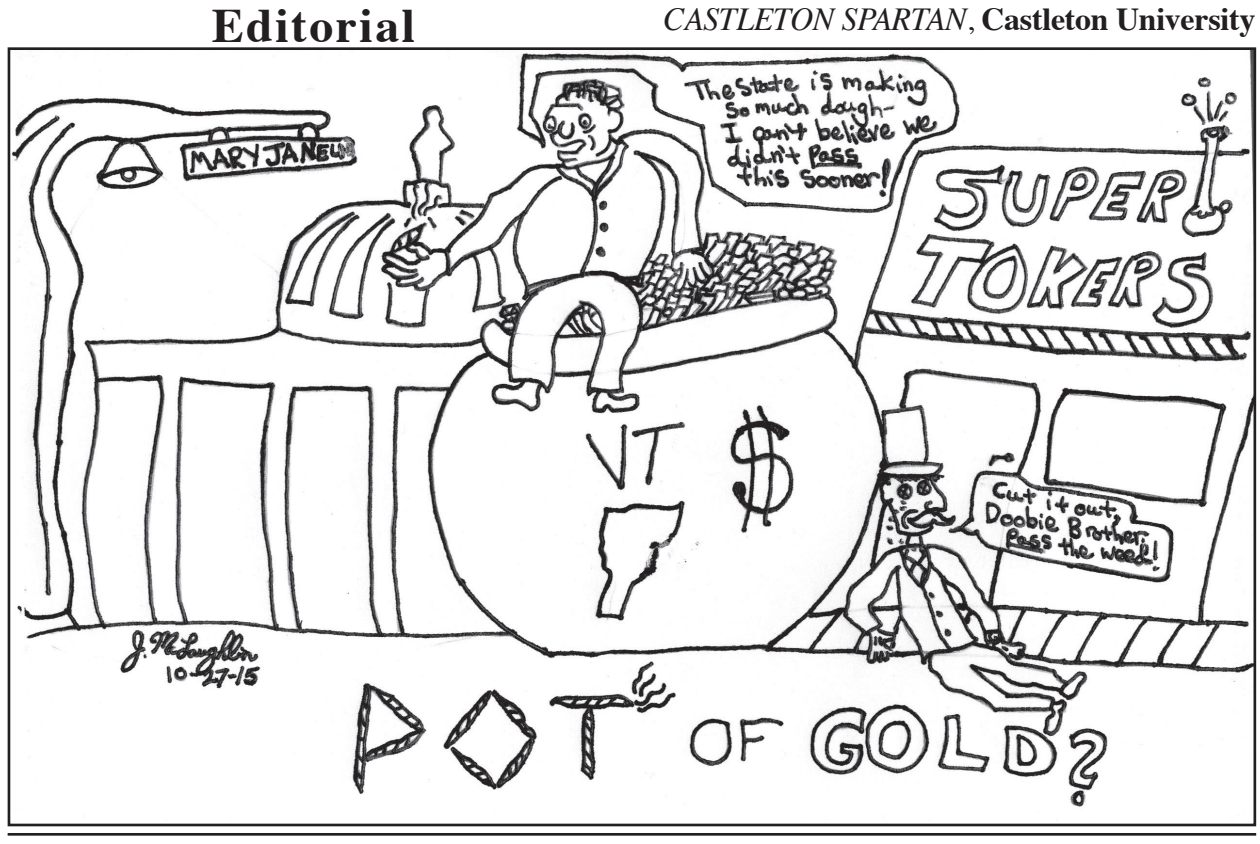
"I don't know, I don't make the exam," they said.

What do you mean they don't make the exam! Keep in mind, these monthly exams determine whether or not you pass, which determines whether or not your credits transfer back home.

I just thought it was insane that the teachers, who were supposed to be preparing us for this big exam, didn't even know what was on it. Maybe I'm just too uptight, and my inner workaholic American traits are showing through. Everyone here is just so go-with-the-flow. It feels like no one here has any worries or cares in the world. It sometimes feels like they are settling for "ok" when there are a ton of things that I see on a daily basis that could be upgraded to "fantastic" with a little extra hard work.

But that's the American way, right? Work hard to constantly be upgrading your life in every way to make it more comfortable to live in. Here it's the opposite, the Spanish people hate working. They work just enough to get by so they can go out and have fun.

-Carly Trombley


MARY JANE
The State is making so much dough- I can't believe we didn't pass this sooner!
SUPER TOKERS
VT
$
Cut it out, Doobie Brothers, Pass the weed!
J. McLaughlin 10-27-15
POT OF GOLD?

Reflecting on *The Spartan* experience

When I agreed last spring to be co-editor of The Spartan, I thought it would be a small time commitment. Run a meeting on Wednesday afternoons, design the paper every other Sunday and write a story here or there. Back in March, I had no idea being co-editor would become such a large part of who I am.

My life has been consumed by The Spartan, but I'm not complaining.

Emails forwarded daily with the subject line: "story idea?" Editing stories on a Friday evening. Writing the last-minute stories other writers aren't available to cover. Going out and ending up in a conversation about the Spartan, every weekend, without fail. I have found it impossible to go a single day without doing something Spartan-related.

Although I had taken classes on writing, editing and designing, I still had so much to learn this semester. Mostly how to handle situations where readers, sources or even staff have a concern. As editors, Callie Ginter and I are the ones who talk with people when situations arise. Other people can make mistakes and no one knows, but a journalist makes a mistake and everyone sees it. This has been one of the most challenging, but also one of my favorite parts of the job.

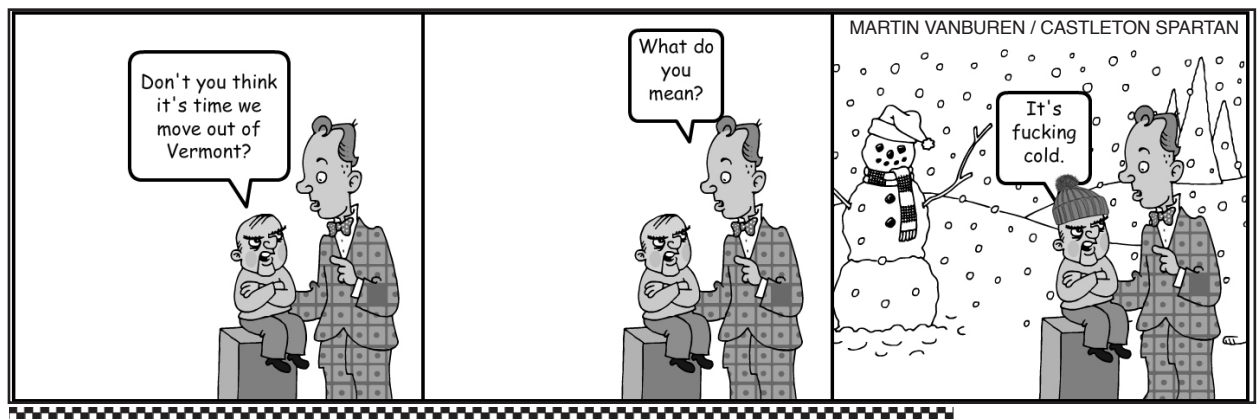
What many people don't understand is you can't burn bridges as an editor the way you can in daily life. As an individual, you can disagree and tell the other person exactly how you feel, but as a professional, you have to be careful, because you don't want to break trust and lose a good source or valued reader. So you acknowledge that you see their point, but defend your writer and your choices in the end.

Another challenge of being editor is deciding what can run and what can't. Our adviser helps us out a lot with stories and giving advice on what to include, but sometimes it's up to us. Sometimes we don't know when to ask the writer to give us more information on something like the survey they conducted. Sometimes we don't know if a quote is accurate or if we should cut a story in length. We try our best, but yes, we make mistakes because we are still learning.

And to those of you who think no one reads the Spartan, although that's a little contradictory since clearly you are reading it right now, I dare you to write something and see how many people contact you about it, how many people will ask you a question or suggest a follow-up story on a similar topic. You will be amazed by how much feedback you get.

Amid all this insanity, being co-editor of The Spartan is one of the more enjoyable things I've done. I'm getting experience I can use after I graduate, learning about the community and doing my favorite thing: writing. Three issues down, many more to go and I can't even imagine how much more I will learn before it's all over.

-Catherine Twing



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CASTLETON UNIVERSITY'S STUDENT NEWSPAPER

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LOCAL & LONG DISTANCE TOWING

Letter to the editor: Soundings program supports studying abroad

As the new manager of the Soundings program and huge advocate of foreign travel, I was dismayed to read about Alex Noonan's recent difficulties.

I had not previously heard of students being prevented from studying abroad as a result of their Soundings status.

And, while, I am not familiar with the particular details of his situation, I have reached out to Alex and would, similarly, like all Soundings students to know that my fellow Soundings instructors and I are all very much in favor of students pursuing their dreams and that we are here to help you succeed.

As I encouraged Alex to do, please do not hesitate to contact me if you have any Soundings-related questions or concerns that I might be able to assist you with!

I cannot promise that you will always get the result you want, but it certainly won't hurt to get a second opinion or have another set of eyes take a look at your case. Feel free to call me anytime at x1258 or email me at jessica.cowden@castleton.edu.

-Jessica Cowden

New area coordinators are welcomed home

By Jadie Dow
Castleton Spartan

Every fall, new faces arrive on campus. They pack their bags, move into a room, and prepare themselves for everything to come. New experiences, new responsibilities and new friends.

A new place to call home.

Emily Gordon and Cora Churchill fit this description, but they are not first year students. They are the new Area Coordinators.

The ACs oversee residence life, and work with the Community Advisors to help them make Castleton residence halls the best they can be for students living on campus.

So far, there have been nothing but positive reactions to the new AC's.

"I think both of them have been an amazing addition to the residence life staff. They are always so positive and energetic, and they bring this vibe to residence life that makes it such a cheerful environment," Senior CA Bre Morse said of Gordon and Churchill.

Last year, there were four AC's, but this year, the number has decreased to three. Shaun Williams, who has been working at Castleton for six years is the third AC, but he also holds a new position as the assistant director to residence life.

Generally, positions like AC's are seen as a short-term position, lasting around three-four years, but Williams is an exception.

"I love it here too much to leave. There's such a family feel. I went to a large school, but there's something special about Castleton. I hope that people can see that they can get an education anywhere, but there's no place like Castleton," he said.

The family aspect is a shared feeling.

"I'm loving it so far! It keeps me on my toes. I went to UVM which was so big and crazy, but this place really has a hometown feel. The students and staff are great, it really feels like family," Churchill said of her new job.

"It really feels like family."

-Cora Churchill

So what was it about Castleton that attracted Churchill and Gordon?

Gordon was told about the position by Melissa Paradee, and realized she knew more about residence life than she thought.

"Everyone is so welcoming and helpful. I don't feel like a burden, they're always willing to answer my questions. And I ask a lot of questions," Gordon said.

Gordon's staff appreciates her willingness to ask all those questions.

"She's also willing to admit she doesn't know something. I love that about people in authoritative positions because it shows they are human too," said Kyla Leary, a trainable CA in Hoff.

Though all three ACs are unsure of where they will be in five years, all are loving it here for now.

"I'll probably stay here for three or four years, and get my master's degree after that. I really want to work with program housing somewhere, so I'm glad I get to develop that here," Churchill said.

Gordon would like to explore student affairs, and has experience in teaching, but still hasn't decided where she will be after her time here is done.

Williams also hopes to get his Master's degree.

"I may or may not be here, may or may not be in the same title. I just love it because the students have taught me more about myself than I have taught them. This is my home," he said.

To skip or not to skip, that is the question

By Jed Zawisza
Castleton Spartan

Tanner Dana wakes up as his alarm blares an obnoxious noise that will only continue to annoy him the longer it goes off. He hits the snooze button and sees the time, 7:18 a.m., in big green numbers. It's early, too early, to be up for his 8 a.m. class.

He sits up in his bed, yawns, stretches and looks across his room to see his backpack he packed last night after doing homework until the wee hours of the night. He looks back to his clock and then flops back down on the bed and drifts off.

"Sometimes you just wake up or have a day where you're just like "man," he takes a big breath. "You take that breath and say 'I cannot sit in that class for 50 minutes, so I just sit on the couch,'" Dana said.

Unfortunately for professors, Dana is not alone among Castleton University students who skip classes. Matt Zitwer, Camilo Cuadra, Andrew Nevins, Jeff Prestash and Brian Martin said that they too have skipped classes to sleep in or just to nap.

"I skipped one this morning actually," Zitwer said laughing.

According to a survey done by ScholarshipPoints.com, 55 percent of students skip because they couldn't get out of bed, 20 percent due to weather being nice and 2 percent because they were hungover.

Another big reason people don't go to classes, however, is because they feel as though they won't miss anything.

"I've probably skipped around 25 classes in my four years of college, mostly because I haven't had enough sleep or to do homework for a different class. A couple of times I've skipped to go hiking or to just play video games. At the time, my social life took precedence," said Castleton senior Tim Marsh.

Not all students can skip classes as easily as others, but for various reasons.

"I haven't skipped a class since freshman year, but I skipped effective speaking like five times that year. We would give our speeches, but our teacher wouldn't take attendance. I would do my speech the first day I could and wouldn't go again for at least a day because we'd still be doing speeches and I still got an A," junior Catherine Twing said. She has since changed her ways, and goes to every class she can. "I just feel like I'm going to miss something. I don't want to take that chance."

Professor Helen Mango was enthusiastic about providing various reasons why she believes student skip.

"I could come up with several reasons. Uhmm... they're exhausted for whatever reason and they can't make it to class. They're "sick."

Although these too are major reasons why students skip, Mango has one other reason that makes the most sense.

She says just two words. "They're scared."

"They don't understand what's going on in class and they think that if they just stop showing up that somehow it'll get better, that by avoiding the problem they'll somehow solve the problem and it doesn't work," Mango said.

"I feel that I offer them something in class, some explanation that they won't get from somebody else's notes or the textbook, so they miss out on context," Mango said. "I know where they have trouble".

PHOTO ILLUSTRATION BY JED ZAWISZA

A student reaches for the snooze button early in the morning.

Some students are adamantly against skipping classes, most due to the feelings they get inside when they do.

"I have major anxiety whenever I skip class. I feel like I'm going to miss something really important, so I never skip. Plus I'm paying a butt load of money to go here so I would be a dumbass if I skipped all the time," said junior Jadie Dow.

That anxiety is understandable, especially when the teacher's perspective comes into play.

"It depends based on what class I'm teaching. This semester I'm teaching a Research Methods Course, which is a requirement for our major and it's a civic engagement class. There's a lot of work tied into it and when students miss class, I get frustrated. For me, particularly in this class, EVERY lecture is important because we're doing something directly related to civic engagement," said Castleton University sociology professor Jennifer Turchi.

"I also teach an intro to sociology class and I've got a variety of students and if students skip, I'm kind of like 'Well, yeah... they missed the material and that's on them.' It doesn't bother me as much. You have to pick your battles," Turchi said with a chuckle.

Vincent Guerrera never skips class due to a brotherly rivalry that started when his brother was in college and has only missed one class. He once went to Canada on a Friday and missed a late class.

"When I was going to CCV, I had a fever of 103, lost 10 pounds and had no voice, but still drove 30 minutes to my 8 a.m. class," he said

Emma Faucher also agrees with both Dow and Guerrera about not skipping class. She feels as though it's a waste of her time to not go.

"I pay for these classes, and I want to get my money's worth out of them and I care about my grades too much to not go. With my luck, the day I skip class will be the day that we get all the secret answers to all the quizzes and tests," Faucher said.

When pressed for answers why students were skipping, the most common answer among students is the general "I'm not feeling well."

"I teach a 9 o'clock class and Friday morning classes after Fishtail night are often ill attended," professor David Blow said. "I always love the great aunt that passed and had to go to the funeral excuse and the thing is that you can't question it. I want to find out where she lives and find out if it's total crap or not," he said.

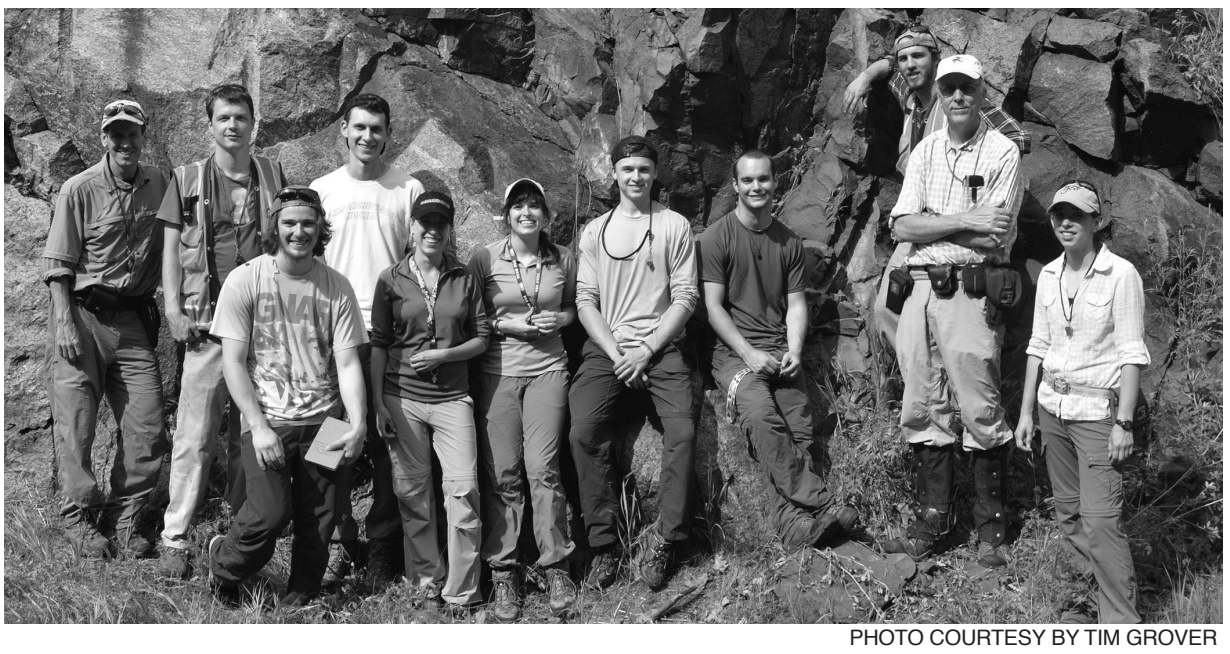


PHOTO COURTESY BY TIM GROVER

Geology students took a field trip to the Adirondacks to search for and study rocks.

Students research the rocks

By Jordan Lumdsen
Castleton Spartan

Castleton geology students are making maps of the Adirondacks, but these maps won't help you if you're lost on the woods. As geology students spend the day in the woods for natural science professor Tim Grover's geology class, they aren't looking at the scenic Vermont landscape or the wildlife that inhabit it, but rather, rocks.

Students are roaming the Adirondacks in search from exposed bedrock. Samples of these rocks are collected and later analyzed to better understand what are in the rocks, the rock's history and how mountain ranges formed in that region, according to Grover.

Senior geology major Kimberly French said there are older maps available, but they are essentially a bunch of pieces and parts in one.

"What we're doing is we are double-checking that map," said French. "We have more advance technology and we have more people mapping now, so we can getting more collaboration and get a better idea of what's actually there."

For Castleton, collaboration came in 2014 in the form of the University of Massachusetts.

Grover and Mike Williams, a UMass professor, presented the national science foundation with a collaborative research proposal to start geological mapping. Now, working with UMass undergraduate and graduate students, classes can accurately date rock exposures to more than 1.3 billion years ago using a $1,000,000 analytical tool called a microprobe, according to Grover.

Knowing how to obtain and analyze research is one of the most important skills to possess when leaving Castleton, added Grover

"It's very important to an undergraduate's education, particularly in the sciences, if students want to go to graduate school or professional school. It's really required these days that they have some research experience," said Grover.

So how's this different from textbook learning?

Both Grover and senior geology major Sam Nunnikhoven agreed they are very different.

"It was very hands on, especially getting to go down to UMass and getting to work with those people at the same time," said Nunnikhoven.

"It allows them to go out and apply what they've learned in the class, to a project. It expands their thinking, it's great for developing

Critical thinking skills and problem solving skills because it's not straight forward, it's pretty complicated," Grover said.

Hard work and research aside, French said the geology department is as close as can be.

"They're like my second family. I love the geology department. They're all like my brothers and sisters and then Tim and Helen Mango are the mom and dad."

Newspapers are free

By Jadie Dow
Castleton Spartan

Scrolling through Facebook, news articles pop up everywhere. Social media is becoming a primary source for news.

But what's wrong with that? The articles are free, they seem to be legitimate, and they are only one click away. The problem: the websites they lead to often have one-sided, biased articles that may or may not have correct information.

These news sources are right at a person's fingertips and therefore the ones students are likely to click on. The goal of the Castleton University library, however, is to provide students and faculty with some reliable sources at the same level of availability.

The library webpage offers free online subscriptions to the Rutland Herald and the New York Times, as well as a subscription to Lexis Nexis, an online database that provides news from all over the world.

Library Director Sandy Duling said she is very pleased that they are able to offer these luxuries to students.

"I worry about people getting their news from sources that filter it, like Facebook. They're not getting the full spectrum, which is very important. I'm glad we're able to provide students with free news because I don't think they'll want to pay for it," Duling said.

The Rutland Herald subscription has been available for years, but the New York Times was just added this summer. There are ways to monitor how many students use the papers, but the figures are not out yet.

Though all of this is free and available to students, some are simply still not interested in reading the news.

Theater graduate student Eric Monzel is one of those.

"That kind of stuff isn't what I need to read. I need to read things about theater," Monzel said.

While the Rutland Herald is only available to use on campus, the New York Times can be read anywhere on the globe once a Castleton student has registered.

Duling mentioned that the subscriptions will mainly be used by a small percent of the students, but she's glad they are able to offer them to those few.

Sophomore Joey Cava is one of those few.

"I actually just finished a project using the library sources. It's great because most professors count it as a primary source. And all the archives are available for the New York Times, so you can go all the way back to the early 1900's. I think it's really awesome," Cava said.

Nicole Rainville, a senior criminal justice major was unaware of the available subscriptions, but will be using them now.

"Yeah, I'm excited now! I love reading the news," Rainville said.

Though there will always be people who choose not to read the news, the Castleton University library is happy to offer it free to those who do.

"It's possible," Duling said.

WOMAN on the street

Sara Novenstern

Question: How do you feel about the possibility of marijuana being legalized?

Jimmy Britt

"I think it should be legalized, there's too much bullshit going around with what is beneficial or not. I just think that from what Colorado has been doing it has been very helpful for that state. You know I can see it working with Vermont better especially if a lot of the tax proceeds go into higher education."

Nate Marden

"You really need to go through all of this hoopla and all this shit, and there are way bigger problems at hand. This country is like billions or trillions of dollars in debt and people are complaining about legalizing marijuana. There are way bigger things, like there are presidential elections coming up that are a way bigger deal than legalizing marijuana. Anyone that wants to smoke can smoke anytime. No, yeah I totally don't think it should be legalized because it's just going to be another thing the government can get their hands on."

Jay Morgan

"I mean I think it's gonna happen soon cause I mean they've proven its not as bad as some things that are legal. They've shown we can make money off it and tax it and stuff so I'm sure if it does happen Vermont will be next in line."

Karyn Burns

"Umm I think that it should be legalized cause it helps people when they're sick and helps people that have cancer, a lot of benefits."

Emily Haley

"For it, do it."

STEPS mentors: 'more than just a job'

TAYLOR ROCK / SPARTAN CONTRIBUTOR

STEPS mentor Shayna Chaloux poses with her STEPS student Korey Melen.

By Taylor Rock
Spartan Contributor

A typical job in college often consists of bagging groceries, fetching balls at a soccer game or maybe tutoring students at the Academic Support Center, but rarely does a job in college help change people's lives.

That's what sets the mentors in the College STEPS Program apart.

The STEPS program started at Castleton in 2012 and it gives students with disabilities an opportunity to attend and experience all that college has to offer, program Coordinator Patricia Moore said. To make sure each of the STEPS students have a great experience, each are assigned peer mentors who work closely with them.

"We do a range of things between helping them find resources, helping them use the library, helping them in class, and helping them with their homework," senior Shayna Chaloux said.

But being a mentor in the STEPS Program is more than just a job. The students and the mentors often forge a strong bond that makes going to work feel less like work and more like hanging out with a friend. Junior Mentor Molly Smith works with Kate Wilch.

"When I am walking somewhere, she will scream out my name and being able to have someone scream out your name all the time is just fun," Smith said. "She is so excited for everything and it makes going to work so much better."

The mentors have various reasons for joining the program. For some, it relates to their major and what they want to do after college. Others do it for more personal reasons. Senior Elizabeth Young became a mentor because at a young age, she suffered multiple ear infections causing her to need extra assistance with her education.

"All my life, I had assistance and help with my education, so going through that struggle, and the fact that a lot of these students this is their first time being in a full class room, so I wanted to be there to support them," Young said.

The mentors say they are rewarded with many great moments working with their students. Smith recalls one particular moment with her student in a basketball class.

"I went to basketball with Kate for one of her classes and every time she would get a basket, the whole class would cheer for her and she got so excited and it was so great seeing everyone encourage her," Smith said.

Being a mentor for the STEPS Program is an extremely rewarding experience and has a huge impact on the Steps student's lives, they say.

"My favorite moment so far has been seeing the first class of college STEPS to graduate two years ago," Chaloux said.

Students in the program like Korey Melen, who is mentored by Chaloux, benefited greatly form the program and have built a strong relationship with their peer mentors.

"I like working with Shayna because she is one of my favorite peer mentors," Melen said. "Me and her do fun stuff together!"

Not only do the mentors have a positive effect on the students of the program, but the students have a positive effect on the mentors.

"I would do this for the rest of my life, it is so much fun," Smith said.

United in holy marijuana-mony

By Callie Ginter
Castleton Spartan

PHOTO ILLUSTRATION BY SARA NOVENSTERN / CASTLETON SPARTAN

Most Americans are pro-legalization of marijuana, and it seems like the Castleton University community is in favor of legally passin' around the peace pipe too.

According to recent Gallup Poll, 51 percent of Americans support legalization, compared to 12 percent in 1969. Although some on the campus oppose legalization, mostly for law and health reasons, a majority of students and professors interviewed support it.

Sociology and Anthropology Professor Philip Lamy believes marijuana has a positive impact not only on health, but also in creativeness, reaching specific spiritual experiences, and healthy recreational uses.

"If it's so dangerous to people's health, where's the statistics, show me them … people don't die from marijuana … marijuana is not physically addictive and I believe that. It's low on the totem pole of social problems and crimes," he said.

But Castleton Chief of Police Peter Mantello does not support legalization for a couple of reasons; one being that it won't positively impact crime rates.

"I don't think illegalization is going to curb crime in reference to drug abuse; do I have any facts to back that up? No, that's just my own personal belief. I think there's a possibility that people have a perception that when we legalize that drug it's going to curb a crime and possession of marijuana and usage, but I think that's going to affect the upper-tear drugs, the narcotics," Mantello said.

Before commenting, Director of the Wellness Center Martha Coulter emphasized that the Center would not "take a stand" about legalizing or not legalizing marijuana based on conflicts of interest. Coulter suggested that people should study the consequences of marijuana first and become educated about the topic before making any legalization decisions.

"I think we are lucky to see what happens in Colorado, Washington, Alaska and Ohio, so we have them to study and to understand if they have any impact on overuse, misuse … we have seen an increase in marijuana use and I think we should pay attention to what the health effects can be in terms of impacting people's career paths or academic paths just like we need to look at the use of alcohol for health impacts," Coulter said.

"Part of the issue with marijuana is the concentration of THC is higher in today's crop of marijuana, its hybrids … I think anytime you legalize any kind of drug, are they going to legislate the potency of it like they do alcohol?" asked Mantello.

Students like junior Karyn Burns and senior Bob Culver are part of the supportive 51 percent and believe there's a lot of good to come out of legalization.

"I think it should be. There's more benefits than consequences, especially with cancer and health, I know when I'm sick it helps me," said Burns.

"I think it would be a great thing, not only for people who smoke it recreationally, but for manufacturing and medical use as well. There are so many uses for it. Not to mention it is safer than both tobacco and alcohol, both of which are legal. If anything people drive slower stoned," said Culver.

Mantello agreed that there is value to medical marijuana, as well as a potential benefit to the economy, creating revenue through a cash crop.

"It could be, and make sure you quote that, could be," he said.

Even students who don't smoke themselves say it should be legalized.

"I don't smoke, but I think it should be legalized … prohibition doesn't work and I think we should take these kids out of jail just because they use it," said Junior Dan Aiello.

Lamy currently teaches a class, Social Movements of the 1960s. He spoke about why support for legalization is so much greater than in the '60s.

"It's one of the oldest natural medicines in the world and I think most people see that," Lamy said.

Coulter thinks usage is increasing for other reasons too.

"Availability maybe, I actually don't know what the science is behind it, but I also believe that the legal use of medicinal marijuana has made it more acceptable to some people who might not previously have approved of marijuana use."

Lamy is co-teaching a class next semester with philosophy Professor Brendan Lalor called, Cannabis Culture and Consciousness.

"We are not trying to promote marijuana, we are going to be as objective as possible … we are going to look at the psychological experience, spiritual experience, the history of it, its use and role in today's culture," Lamy said.

But Mantello raised an interesting question about legalization and how would it affect employers and employees in the work force?

"Would you want a dentist to come in who's really high working on your mouth?" he asked.

New events planned by Republican Club

By Callie Ginter
Castleton Spartan

The Republican Club met last Thursday and announced some major plans as well as an effort to get the word out about the club.

Zack Holzworth, Zach Hample, Patrick Gilligan, Nick Colombo and Quinn O'Reilly all brainstormed about eight new events to plan, including a potential debate between the Democratic Club and the Republican Club and a debate between gubernatorial candidates Phil Scott and Bruce Lisman moderated by Jim Douglas.

"It's going to be a rumble at Castleton," said Gilligan.

Lisman visited campus on Oct. 22 and spoke to a small, but engaged audience in the 1787 room. Hample explained how he proposed the question, "what makes you more qualified than the other candidates?"

Lisman's answer in a nutshell: his levels of experience and his strong background in business.

"He believes in the American Dream, that much is clear," said Hample.

The club also came up with new fund-raising ideas including selling t-shirts to similar clubs at Middlebury, University of Vermont, and Plattsburg, as well as becoming more involved with Project 240.

"We're open to anyone," said O'Reilly.

"We don't shove beliefs down other people's throats, rather we want to educate people in Republican philosophy … we want to be proactive about political apathy," said Hample.

The club has its own radio show on WIUV 91.3 Friday evenings from 7-9 where people can tune in and here the latest news and speakers. Huden's own Ron Vaughn is a listener and fan of the station.

"That is how it should be in Washington," was a compliment Vaughn gave them one evening, according to the members of the club.

The tentative date for the Republican-Democratic clubs' debate will be Feb. 24. The club will reconvene again soon to make permanent dates for upcoming events.

An entrepreneur battle

By Shannon Fischer
Castleton Spartan

Are you an aspiring entrepreneur interested in pursuing business plans? If so, the LaunchVT Collegiate Competition might be your calling.

LaunchVT is a business pitch competition that rewards entrepreneurs with not only cash prizes but also resources to help entrepreneurs succeed in their endeavors. The competition will be held on Feb. 19, 2016 at Champlain College in Burlington.

And for a little bit of extra encouragement, the winner will receive at least $6,000 and will be closer to being a successful entrepreneur.

Nine or more colleges and universities will submit participants for this competition. These participants are from Green Mountain College, Vermont Technical College, The University of Vermont, Lyndon State College, Johnson State College, Norwich University, Champlain College, Middlebury College, and Castleton University.

"This competition is positioned quite well for students because of work that's going on in John Hoagland's small business and entrepreneurship class. This semester one class is on campus and one is in downtown Rutland. The goal with these classes is to offer real life opportunities and learn about the wonders of business," said Lyle Jepson, who is a part of the Castleton Downtown Office, which is the center for Entrepreneurial programs and other resources.

LaunchVT has been around for years, but this year this competition and its entrepreneurs will do nothing but thrive.

Lyle Jepson also mentioned how the competition differs from previous years.

"This isn't the first year but it is the first truly well-organized year for the collegiate competition," he said.

Not only can young entrepreneurs get involved, but students on campus can take advantage of a surplus of opportunities that will help them prepare for a career in business.

Peg Richards, the Chairperson of the Department of Business mentioned what students can do to prepare for their futures in business.

"Students do a high number of internships in our program, and most of them are paid. Paid internships challenge students to work hard, and the companies give students meaty internships. Students learn a lot and frequently find jobs out of these internships. We reach out to Crispin White and Renee Beaupre White, and we coordinate well with these people to make sure students get the best possible internships. We have a lot of connections with business people," she said.

Richards also mentioned classes students can take on campus to start their careers in business.

"There's a Careers in Business class that's open to any college student, from any major, with no prerequisites. People work with me on their resumes, LinkedIn profiles, and students do informational interviews. There are also business leaders who come in and speak to students, and students can ask them questions about how they came to be in the business world," she said.

There might be business classes students can take, but they can get real world experience and opportunities from competitions like LaunchVT.

"Students do projects on paper in class, and that's one thing, but when you believe it in your heart and professionals believe in you it can change your whole life," Richards said.

If you're a young entrepreneur with great ideas, and successful business plans the Launch VT Collegiate Competition would be an opportunity for you.

Professor sells photographs to aid Nepali village

By Casey McGraw
Castleton Spartan

Professor Jim Hagan has spent the last 43 years exploring Buddhist art and has prepared an exhibit in the Fine Arts Center to benefit earthquake victims in Nepal.

Buddhism is a foreign religion to many Castleton University students, but a small dose of Buddhist art might just force them to appreciate one of the most historical and treasured forms of art in human history.

At 6 p.m. on Nov. 5, Hagan will give a speech at Castleton about the disaster and will look to sell his photographs on display to benefit victims. All proceeds will go directly to a small area in Nepal that lost 80 percent of the village in an earthquake last April and whose people are currently living in tents in the Mount Everest Region, according to Hagan.

Jade Blodgett, a senior at Castleton who traveled with Hagan to Tibet, said Buddhist art "expresses their religion and their faith." Blodgett went on to say that simply seeing the art displayed in the Fine Arts Center "brings back flashbacks."

"Buddhist art is cherished by many people cross-culturally because just by looking at an image of the Buddha, it communicates to us a man who has attained perfect peace and serenity, something we all strive for. You do not have to be a Buddhist to realize this," Hagan said.

"I have grown a great appreciation of different cultures and people. It was astounding to experience how peaceful and happy a population could be," said Adam Enes, a Castleton student who has traveled to Central Tibet, Nepal and Eastern Tibet.

Although Buddhism is an ancient religion, Hagan does not believe that it is losing popularity.

"Buddhism and Buddhist art have been around for more than 2,500 years and shows little signs of disappearing," said Hagan. "In fact, it is growing and becoming very popular in America and the Western world. If you investigate Buddhist philosophy, you will discover how very scientific it is. I predict someday there will be something called 'American Buddhism.'"

Hagan plans to sell his larger photographs for $100 and the smaller ones for $50.

"These are one-of-a-kind from one of your professors at Castleton," says Hagan. "But the main thing is the money really goes to a great cause."

COURTESY PHOTO

One of the many photos Jim Hagan is selling to raise money for earthquake-ravaged Nepal.

Movie review:

Scars of war

By Jimmy Britt
Castleton Spartan

Many war films have been made, but there will always be one that sticks out. "Apocalypse Now" is that one for me. There's the pure talent of the actors, the intense violence and the interesting period of the Vietnam War. But there's a much stronger theme that stands out; the depiction of war from a psychological perspective.

As the movie opens, we see Martin Sheen's character looking up at ceiling fan. The fan starts to sound like helicopter blades cutting through the air and he then starts moving around the room like he is in the jungle. We see the trauma the war has had on Sheen. We soon learn that he isn't the only character facing mental damage from this war.

As Sheen enters the base for his mission briefing, we get to hear how the war has changed Marlon Brando's character. Brando has gone rogue and is causing troubles deep in Vietcong territory. But it is on audio recordings we hear his broken mental state.

"I watched a snail crawl along the edge of a straight razor. That's my dream; that's my nightmare. Crawling, slithering, along the edge of a straight razor…and surviving."

This quote is so powerful. This is a person who has gone in and out of hostile territory and survived just like the snail on the straight razor's edge. As the film progresses, we see just how twisted Brando has become from the Vietnam War. But not all have become bloodthirsty psychopaths from this war. We see this in Robert Duval's character.

Though Duval isn't in the film for long, we get some of the best quotes from him, which reflects how the war has affected him. We see him as this rough-and-tumble leader who has honor for anyone who is brave. But as soon as he hears another surfer is around, he turns into a happy little kid wanting to surf, showing war can change you in a split second. There is, however, one final example of the hell of war.

In an attempt to avoid spoiling it, the characters involved in this incident will be renamed with Blue and Red.

Blue and Red have been butting heads the entire film, but during a spear attack, Red gets a spear in his throat. As he is dying, Blue leans in hear the final words of Red. But Red instead tries to pull Blue onto the spearhead to kill him. War has finally brought Red to his breaking point in the film.

"Apocalypse Now" shows the mental and emotional scars from conflict, and it does it so well.

Pumpkin spice craze

By Catherine Twing
Castleton Spartan

ASHLEY CALLAN/ CASTLETON SPARTAN

It's pumpkin spice season and many people are excited.

In 2013, Americans spent $308 million on pumpkin flavored products, according to a Dec. 2014 Vox.com article. They bought pumpkin beer, candles, air fresheners, cakes, candies and most famously, lattes.

Senior Sara Harrison, who previously worked at the Dunkin Donuts in Poultney, knows all about the excitement some people feel for this interesting season.

"I once had a grown man literally scream with joy when I told him pumpkin was back," Harrison said. "They actually ran out at the Dunkin I worked at for a couple weeks and people would leave when I told them I didn't have pumpkin."

Although this craze has spread nation-wide, many Castleton students find it unappealing.

"It's like someone took the smell of a cinnamon candle and then mixed it with dirt, and then forced me to drink it," said senior Patrick Cote-Abel.

"Pumpkin spice is probably the worst flavor or scent that has become popular in the last 10 years," said freshman Lee Richardson.

Junior Christian Procida had never had pumpkin spice before he was interviewed for a segment on the Castleton Video Magazine. His response was less than enthusiastic.

"No. There's no way. It's always a bad time for pumpkin spice," Procida said after tasting a pumpkin spice flavored iced coffee for the first time.

Some students prefer other seasonal flavors over the popular pumpkin.

"I go to Dunkin Donuts all the time, but I like the salted caramel hot chocolate, but every time there's someone else there it's always something pumpkin spice they get this time of year," said junior William Chmielewski

Not all of Castleton is immune to the pumpkin obsession, however.

"We should have pumpkin spice everything, even in July," said senior Allie Dwinell.

"When pumpkin spice comes out at Dunkin, it's probably my favorite time of year besides Christmas," said junior LeeAnn Senecal. "My favorite is definitely pumpkin spice coffee and my grandma's homemade pumpkin spice donuts."

Others prefer their pumpkin in scent form.

"My roommate has made our room smell like pumpkin spice," said junior Tony Sawyer. "I have had a pumpkin spice tea I liked, but it's a horrible craze."

So what is in this magical pumpkin creation? No pumpkin at all really.

Pumpkin spice products are usually seasoned with a mix of nutmeg, cinnamon and allspice: ingredients available all year long. According to the Vox.com article, the excitement is brought on by the fact that the products are only offered seasonally and are promoted as major events.

A Fortune.com article from Sep. 2014 notes that pumpkin pie is the second most consumed pie in the U.S., even though it is only consumed a few days a year. This scarcity gives consumers the illusion that pumpkin flavor is a fleeting indulgence and also has the ability to bring people back to memories of family and happiness.

Studies by Alan Hirsch of the Smell and Taste Treatment and Research Foundation have shown that pumpkin might also be an aphrodisiac.

"In one of his studies, he looked at the effects of 30 different scents on the sexual arousal of 31 male volunteers. He found that the scent causing the highest level of arousal was a combination of lavender and pumpkin pie," according to the Fortune.com article.

Whether people love it or hate it, sales of pumpkin spice items have only increased since the birth of Starbuck's pumpkin spice latte in 2003 and regardless of Castleton students' opinions, it doesn't seem to be going anywhere anytime soon.

Unlikely stars shine at open-mic nights

By Alden Bisson
Castleton Spartan

Fishtail Tavern move over, Thursday nights just got a whole lot more interesting at Castleton University because Open Mic night is back and better than ever.

Last semester, Campus Activities Board wanted to bring in a new exciting way for students to show off their talents and express themselves. The answer - Open Mic Night.

A jump from Tuesday to Thursday night isn't the only new change. Open Mic has completely revamped the event all together, including new lights, colorful stage background, and dual action microphones.

Paige Harrington, a junior at Castleton has been attending the Open Mic nights since last year and loves the new atmosphere.

"I usually go for dinner and never plan on staying that long, but then I end up there for over an hour," said Harrington. "It's just so cool to see the talents of all the strangers on campus."

Thursday night isn't the only thing new about Open Mic. Professor Robert Waugneux has taken over for Kevin Kareckas as host of the evening, bringing a whole new vibe with him.

"Open Mic is about students coming together and experiencing and trying new things," said Wuagneux. "Everyone here is unique and has a talent… It's always great to see students come out of their shell."

However, Wuagneux's vote of confidence hasn't quite won over Harrington.

"I would never perform," laughed Harrington.

Nonetheless, Open Mic has a knack for finding talent.

Enter James Wolfe.

Upon first glance it's hard to imagine the pint-sized Wolfe slowly strapping on his guitar as having much of a stage presence, but the freshman phenom brought down the house.

Wolfe, who's been playing the guitar for the past seven years, says he does it "simply for enjoyment" and has never performed at an Open Mic outside of Castleton before, something you never would've believed after watching Wolfe's extraordinary performance.

Wolfe wasted no time getting the audience into his act. He urged participation and the crowd responded, clapping, cheering, laughing and singing along with Wolfe as he jammed away on his one-of-a-kind guitar.

"I love to see people sing, smile and just spend time together because I think our world, more than ever, really needs togetherness and love," said Wolfe. "Music really gives that sense of community and love to people through the stories told and just the time we spend together to celebrate music and simply have fun with people we love."

"Not to take away anything from the other performers, but he was my favorite," said Harrington, after watching Wolfe light up the stage.

Wolfe has already promised an encore performance and along with the rest of Castleton's best, Open Mic is set for another great year. Wolfe said, "There can never be too much talent."

ALDEN BISSON/CASTLETON SPARTAN

Eli Stone (left) and James Wolfe (right) perform at an open-mic night in Fireside, hosted by the Campus Activities Board.

'Romeo and Juliet' to offer twist on tradition

By Catherine Twing
Castleton Spartan

"Love is love. Love isn't reserved for men and women only and this is a show about the purest love ever."

That's what director Harry McEnerny has to say about Castleton's upcoming production of "Romeo and Juliet." Unlike the traditional casting of Romeo as a man and Juliet as a woman, both characters will be female.

"Remember, when Shakespeare wrote it, all the actors were boys. We would have two boys playing Romeo and Juliet in love," McEnerny said.

This story of two women in love comes hot on the heels of this summer's Supreme Court decision, which made same-sex marriage legal in all 50 states. McEnerny notes that Friar Laurence marries Romeo and Juliet no questions asked, which is how it should be for same sex couples now.

"It's fun to think of the Capulets and Montagues and how they might be affected by their children in a same-sex relationship," McEnerny said. The way this production is, the Montagues know about Romeo's sexual orientation, Juliet's nurse knows, but Juliet's parents, the Capulets, may or may not know.

McEnerny commented on how some people were taken aback by the completely scripted same-sex kiss in "Spring Awakening" between two men. This show has non-traditional casting, with two girls, so it will be interesting to see how people react.

"One, two, three, four, five, six or so times we kiss," counted Lexi Fryover, who will play Juliet.

While they try to stay true to Shakespeare's language, some parts naturally had to be cut for length and many male pronouns are being replaced with female ones. While words are being switched, they are trying to keep the number of syllables the same to maintain the meter even if the rhyme changes.

Husband becomes loved one. Child becomes son.

"It's been a huge challenge because I've grown up with Romeo as a boy. When I read the lines I naturally want to talk in a deeper voice," said Brittany Rathburn, who will play Romeo. "It's a matter of turning it around and making sense of it, not a matter of gender or sex. It's about love."

Fryover, playing the traditional female role, is excited to explore the different facets of Juliet's personality.

"The role of Juliet is known for being a whiney and complaining character," Fryover said. "But she's smart. She's got a quick wit. It's been really fun to explore the other characteristics of her."

Neither of the lead actresses has a background in Shakespeare. Both played witches in "Macbeth" last fall and participated in a Shakespearean workshop during their trip to London last February, but had minimal experience prior to Castleton.

"These characters think in Elizabethan English, so it's our job to make sure the audience gets it, but we also hope the audience is open and willing to let Shakespeare come to them," McEnerny said. "It's a duel relationship."

Shakespearean language is very different from modern American English, including unfamiliar terms and sentence structure.

"The challenge of the beat is you have to pay attention to the punctuation and what the sentence is actually saying," Fryover said.

McEnerny said certain lines need to be emphasized more than others, such as an important conversation between Friar Laurence and Romeo where they discuss whether Romeo is in love with Juliet or merely doting on her.

The show will be in Casella Theater, Nov. 11-14 at 7 p.m. and Nov. 15 at 2 p.m. Tickets can be purchased at the Fine Arts Center box office.

The power of guilt

By Peter Kazakis
Spartan Contributor

Levi Maynard got the Facebook message close to midnight that Thursday evening, but he did not realize that his best friend, Dylan Airoldi, was in bad shape when he asked Maynard to Skype with him.

Maynard had gone straight from dinner to the library to write a paper, and from the library to his dorm to continue studying for his test the next morning.

He exhaustedly told Airoldi about his evening's grind, about his test in the morning, and he told his best friend that they would Skype right after his exam that following morning.

They never got to.

"He said 'all right' and I said 'all right man love you, talk to you at noon,' and then that was the last thing he ever said to me."

Dylan Anthony "Snow Bear" Airoldi took his own life at 4 a.m. that day Nov. 1, 2013.

Maynard, a senior at Castleton University, got the call at 7:30 that next morning from Airoldi's roommate, informing him that Airoldi had "shot himself" around 4 a.m. At first Maynard was in shock, disbelief. Time has a way of speeding up events in life, and in some instances reality seems to just stand still.

"You don't know how to respond to that...it's like getting shot right through the chest," Maynard said.

Maynard struggled to get ready and he, like he did every other day, made his way into Huden Dining Hall for breakfast. But this was not like every other day. As he tried to eat, an explosion of emotions eradicated any ability he had to maintain his composure that morning.

"I was breaking down while I was eating breakfast, I couldn't eat. I couldn't go to class."

Approaching two years now after Airoldi's death, Maynard still struggles at times with coming to terms with his friend's decision.

The pain in Maynard's eyes flashes as he describes recognizing how his best friend was acting differently, but he said he never imagined that Airoldi would commit suicide. Maynard, uncertainly, explains how the two of them were so close that they even thought about things and reasoned in their minds similarly. Sorrow stains Maynard's discussion of his best friend and how his taking of his own life cast a shadow on Maynard's perception of his own emotions.

"Him and I were best friends, so he was telling me all this stuff that he was worried about. And I was like, dude, just relax — what's this conspiracy got to do with you? But he kept at it," he said.

Maynard now lives with the guilt of losing his best friend, a struggle he says he is getting better at dealing with. He has a magnificent tattoo of a snow-covered bear claw, with Airoldi's name in it, covering his chest and up near his shoulder. When asked how the battle goes with his own emotions concerning "Snow Bear" Airoldi, Maynard admits the harsh truth.

"If I think about it, I still get angry, I still get emotional."

Emotions drive us, they define us. We try to control our emotions so we can choose when we want to be happy and when we want to be focused. We try and pump ourselves up when it's time to work out or perform, but how in control of our emotions are we? We try to not think about something that is making us feel guilty.

It has taken Levi Maynard more than a year to come to terms with the passing of his best friend and it's a fight that he still works at to maintain his positive attitude.

How do you deal with your emotions? Do you let your emotions define what kind of day you will have, or do you try and influence your emotions so that you have more control of how you are feeling and acting?

Castleton University sophomore Elizabeth Fyles says, "I try and stay busy...I try to stay busy with school, going to the gym, and hanging out this people."

Typically, we try and distract ourselves from the situation that is causing us negative emotions, but are we hurting ourselves more by avoiding those emotions?

High school guidance counselor Donna Monahas said she does the same thing.

"In all honesty, I think about it and I think about it. But I get so busy with life I get to forget about it. It's my coping mechanism, I don't remember things and I keep myself busy. Keeping busy helps you not think of things, and me happening to forget things helps me move on," she said with a laugh.

Keeping busy and going to the gym seems to be a common coping trend.

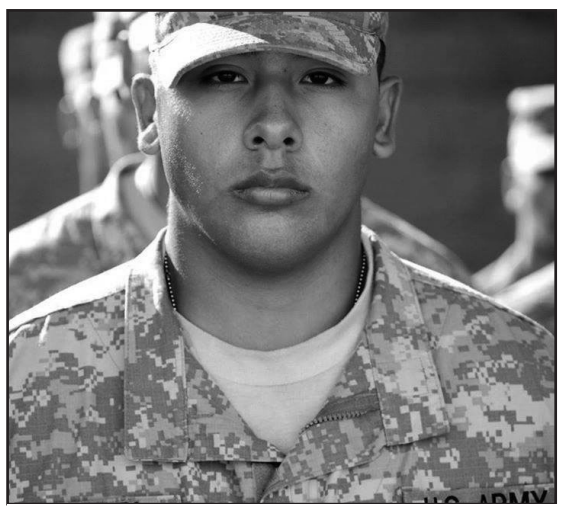
When asked what helped Maynard control his emotions and come to terms with his best friend's death, his answer was, "talking to people… and working out."

Talking to friends about your feelings can be a healthy outlet too, but only if (as Maynard points out) the person has the right connection with you.

"Sometimes talking to friends helped, but sometimes it only made me angrier," he said.

Maynard told how some of his peers who reached out to him trying to console him, like a best friend, were not in fact that close to him or Airoldi.

Some suggest the smart thing to do then, when faced with a traumatic experience, is to talk to a professional.



PHOTOS COURTESY OF LEVI MAYNARD

Levi Maynard, top left, rides with his friend Dylan Airoldi. Airoldi committed suicide, leaving Maynard filled with guilt and leading to the tribute tattoo.

Maynard sighs and states, "I definitely should have seen a counselor."

Castleton psychology professor Terry Bergen and philosophy professor Jim Hagan weigh in on our ability to wrangle what's going in in our minds. Bergen and Hagan both explained how it comes down to being aware of what emotions you are feeling.

"One of the ways you come to influence your emotions more effectively is by becoming more aware of them. You notice I say influence, and not control, as control suggests complete control – stop and start. People don't stop and start their emotions. People live with them, and they live with them with more or less conscious influence," he said.

Hagan tried an analogy to explain how to deal with emotions.

"You have a machine, but you don't know how to fix the machine. If you have a car, a mechanic knows how to fix the engine. The everyday person can't. Similar to the mind, the everyday person has no idea how to fix it, or how it works. That's why a lot of humans have many problems. Most people neglect the most important element or aspect of life, the mind. If you don't investigate it and you don't know how it works, you stumble around and cause problems for yourself and other people," he said.

Monahas gives advice to her students when she is counseling, recommending that they be aware of their own "emotional intelligence" and that they should come to terms with what situations affect them in different emotional ways.

Fyles said there's an easy way to try to avoid feeling guilty too.

"I try not to feel guilty by telling the truth. I guess the last time I felt guilty was when I, uh, got that ticket. I ended up telling my parents about it, I try not to do things that will make me feel guilty – cuz it's a bad feeling," she said, adding that hiding things from her parents usually is the root of her guilt.

Often times, we bear guilt and blame for instances when maybe we should in fact, take a proactive role in determining our emotions and feelings. Everyone deserves to be happy, even if life can deal us with almost unbearable circumstances, like it did for Maynard.

Seeing Maynard today, it's motivational to see him doing well in school, being a beast at the gym and having fun socially. But he maintains that he bears his mental scars along with his honorable bear paw tattoo.

Emma Faucher, a senior, picked up a cool slogan to help people cope with traumatic experiences. The slogan emphasizes that nobody is ever ready to deal with hardship.

"It's not your fault, it doesn't happen all the time, and it doesn't happen everywhere you go," she said.

Students in tears while speaking to the dead

Continued from Page 1

Needing to know if this was real, I spoke up.

"Grandpa. Vincent Dow." I could barely get the words out.

Static on the machine until a very faint, "Yut." It was his voice.

I started shaking. "I'm sorry I didn't get to say goodbye." Tears were pouring down my face. Those around me grabbed my hands and touched my back. I was frozen.

"It's okay. No problem." He sounded happy.

"I love you."

"I love you."

Many others talked to those they lost too soon. Tears flowed and hugs were given.

There may have been some whose minds were not changed after the event was over, but mine was.

I finally got to say goodbye.

CATHERINE TWING / CASTLETON SPARTAN

Students were able to speak to deceased loved ones in The Old Chapel during ghost hunter Chris Moon's visit. Students who were skeptical going in said they were believers at the end of the night.

Students hope vandals are caught

OLIVIA MAHER / SPARTAN CONTRIBUTOR

Camera upgrades are coming to Castleton parking lots after recent acts of vandalism.

Continued from Page 1

Molinari said figures can be seen through footage of the parking lots, but seeing "a pair of jeans and a grey hoodie" doesn't do much good for identification purposes.

Molinari said the current upgrades will likely continue into the future.

"What we ideally want to do is set up a great technology infrastructure so we can continue over time to add more cameras," he said.

The creation of this camera infrastructure depends on funds allocated to the project and the ability of vendors and equipment. Timing also plays a key role because setting up cameras isn't the best in the winter or when students are around, Molinari said.

Molinari refers to the Castleton campus as a "small village," working together as a community, and part of that community is its safety.

"Money is not the driving factor here, money has to be spent…on many different safety aspects here. You have to make tough decisions on where those funds go," he said.

Loves grows in the theatre

Continued from Page 1

Cam Scully, senior cast member, admitted his confusion.

"I didn't know what was going on, I thought something happened – like a fire!" he said.

Another cast member, Lexi Fryover, said she knew something was up as soon as she saw Colby on stage.

"As soon as I heard his voice, I turned to Jordan and said, 'he's going to propose!' We ran back out on stage and were probably just standing there holding hands, being typical girls, watching it all happen," she remembered fondly.

The excitement turned to swooning, and only heightened when everyone reached the dressing room, she said.

Dalton Jesse-Cummings built on Fryover's 'typical girl' reaction, stating that he will have to keep this memory in the back of his head.

"I'm going to have to one up that, someday!" he said.

Presumably, the only people more startled than the cast, was the audience. Cowden remembered his favorite part of the night was the Soundings student sitting behind him, who insisted to her friend that it was all part of the show.

"She refused to believe it was a set up! I turned around and was like, 'no, it's not part of the show, he's actually proposing,'" he said.

On the contrary, Nicole Irwin, Castleton graduate and longtime friend of the couple, debunked the mysterious aspect fairly quickly.

"Looking back, I should have seen it coming, but hindsight is 20/20," she said.

"The audience reaction was great, everyone was cheering. I was crying. It was so amazing to be a part of such a special moment between two of my friends."

Rob Valenti, who was also in the audience to see the proposal between two of his best friends, claims that just by seeing Colby with the mic in his hand, he knew something was going on.

"The show just crushed us in the dark side of empathetic emotion ... this moment brought us to the complete opposite spectrum for people we know very well and care about, so it was a huge roller coaster of emotions and very good experience," he said.

Wedding plans have already been put into effect and these days

PHOTO CONTRIBUTED BY RICH COWDEN

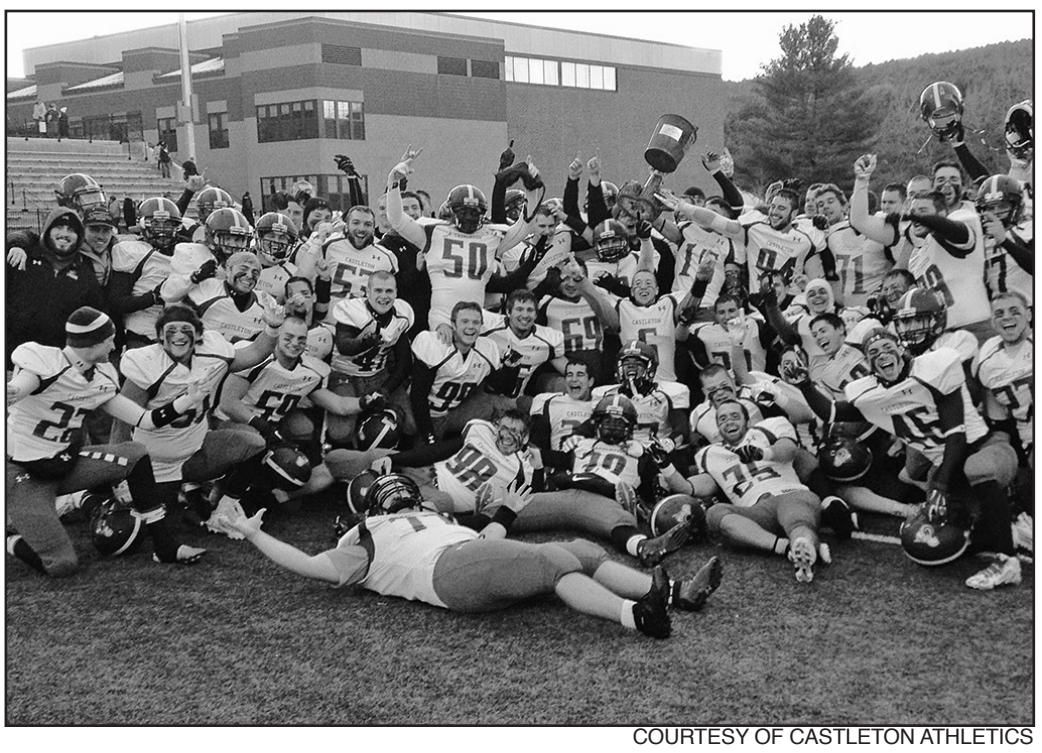
Meghan Hakey says yes to Jake Colby's proposal in Casella on Sept. 26.

Hakey is always equipped with her wedding bible, covering every last detail of their anticipated July 2017 wedding.

"Get your tickets today!" Hakey giggled in an interview.

Hakey and Colby will have yet another chance to steal the show at Casella Theater, as they have already booked the stage as the venue to deliver their vows on the very stage that brought them together.

Norwich departure leaves state of ECFC unclear



COURTESY OF CASTLETON ATHLETICS

Castleton celebrates a win over Norwich in the Sap Bucket game last season.

By Taylor Keramis
Spartan Contributor

The fate of the Castleton football team's post-season play after this season lies in the hands of fellow conference teams – and may not have anything to do with records.

After rival team Norwich University drops out of the Eastern Colligate Football Conference at the end of this year, the team's conference now has only the minimum number of seven teams required to get an automatic qualification to go on to the NCAA championship.

"I'm not sure what's going to happen with our conference," said Deanna Tyson, associate dean for Athletics and Recreation.

This situation is Tyson's most pressing issue at the moment. She said she'd hate to see another tem drop out and have the team not qualify for the NCAA bid – should Castleton win the league.

In April of last spring, the impending Norwich departure was brought to the attention of head football coach Tony Volpone. Although it's a concern, he said his main goal is making sure his team is ready to play to their fullest potential.

"As for how much this is affecting us as we take the field at practice tonight and play this weekend, I would say zero," Volpone said last week alluding to his team's upcoming game against Anna Maria.

Volpone, in his his second season as head coach, said the potential of not qualifying for the NCAA tourney next season "shouldn't affect any regular season play, if it does we're not doing a good enough job as coaches keeping people focused."

Known for his record-breaking 2014 campaign, Volpone led the Spartans to a 7-3 record after just one prior year with the team. His team finished in second place in the Eastern Collegiate Football Conference, a best in program history.

While the state of the ECFC remains unknown, Volpone isn't fazed, and he'd like to still like to keep playing Norwich.

"We do want to keep the game being played, if that means having to play it in not a conference schedule then that's something we want to do," Volpone said.

From Africa to Castleton

Tatenda Shumba's long road to Castleton University started in Zimbabwe

By Brock Pollard
Spartan Contributor

Tatenda Shumba walks through the villages of Mberengwa and Rusape, Zimbabwe where his parents grew up and is taken back. The villages have no electricity, and the only water supply is a mile away. Huts in which his parents lived in contained only buckets of water, and a fire in the center for cooking purposes. As he walks, emotion floods his head realizing how tough his parents had it.

Since then, Shumba and his family have been on the move, living in three different countries where he learned three different languages. His father, Owen Shumba, works for the United Nations, which demands constant moving.

Shumba grew up in the town of Zimre, Zimbabwe and lived there for about 10 years of his life. He attended school there, and for fun would play soccer as well as cricket with his friends. Zimre is a suburb that is about twice the size of Castleton, but still has problems with things we take for granted like water and electricity.

"It wasn't one of the best areas, you wouldn't have electricity all the time, you wouldn't have water all the time, but it was there," said Shumba describing what Zimre was like.

At age 12, Shumba and his family moved to Switzerland. It was in Switzerland where he learned how to speak French. The nickname "Ten ten" came from friends he had made in Switzerland because they couldn't pronounce "Tatenda."

Since then, the nickname has stuck here in Castleton where everyone knows him as "Ten ten."

It wasn't until after his freshman year of high school when he moved to Tenafly, N.J. Even though it wasn't by choice to leave and learn a new language, this wasn't the first time Shumba had to adapt to a new culture.

"When my parents would ask me a question in English, I would reply in Shona (Zimbabwe Language), because that's how much I hated English," said Shumba. "After a while though I improved, and it was much better," he quickly added.

COURTESY OF CASTLETON ATHLETICS

Sophomore Tatenda Shumba chases down a defender. Shumba moved to the United States four years ago.

Now at Castleton, the 20-year-old business major has made quite a name for himself. He is a member of the men's soccer team, and ironically is number 10.

"Ten ten is one of those kids who has a positive, and contagious attitude you want in a teammate," said junior defensemen Pj Phillips.

Shumba is energetic on the field, and off the field as well, according to Head Coach John O'Connor.

"He's a great person. There's not a day that goes by that he's not smiling," said O'Connor.

When asked what he was going to do after graduating from Castleton University, he said he's not sure what his first move was going to be. Starting a couple of small businesses in the U.S. or Zimbabwe, or to further his education in Switzerland and attain his masters are possible ideas according to Shumba

"Education in Switzerland is much cheaper than here in the U.S.," Shumba said with a smirk on his face.

For living a much more privileged life than some of his friend's back home, Shumba remains very humble and respectful

"His cultural background really helps him here at Castleton, and as far as his personality, I just think he's a great addition to the community," said O'Connor.

Clark helps improve Castleton's defense

CHRISTIN MARTIN / CASTLETON SPARTAN

Jen Clark directs players in a drill at practice Saturday morning.

By Casey McGraw
Castleton Spartan

With one child clinging to her leg and the other wandering down the sideline, Jen Clark still has the ability to be one of the best assistant coaches in the country. The women's soccer assistant is in her second year at Castleton and continues to shock her coworkers and players with her passion for the game.

Clark has made an astounding impact on the program in her first two seasons as a Spartan. Following her first year, Clark was named NSCAA Northeast Region Assistant Coach of the Year, an award that considers assistants from Division I, II and III.

Head Coach, Chris Chapdelaine says hiring Clark was an easy decision.

"After I met Jen the first time, I knew. I was sold," Chapdelaine said. "She's also that positive female role model that I've been looking for."

Senior forward and former NAC Player of the Year Mallory Costello says Clark has fulfilled that duty.

"She is an amazing person. With kids and living so far away she also finds time for us," Costello said. "She treats us like her own and would do anything to help us on and off the field."

Defined as "the mom of the team" by players, Clark has embraced that role.

"There is a family environment that you can create and give them a family away from home," Clark said about coaching in collegiate athletics.

Clark lives in 45 minutes away from Castleton and makes every practice and game while also raising three children. Chapdelaine says that when Clark pays for gas, she is essentially doing it out of her own pocket, separating her from most college assistants.

When asked why Clark deserved the award, Chapdelaine couldn't praise her enough.

"All the little things and her love for the players. That is wasn't a monetary piece that it's 'my job' and 'my responsibility' to do this but that it was more 'my desire'."

While excited to win the award, Clark said the best part was getting the support from her fellow coach.

"I was thrilled to win the award," Clark said. "The nicest part was that Chappy (Chapdelaine) nominated me and appreciated my work."

Although her players marvel at her desire to coach, Clark says coaching wasn't always in her future.

"I am never going to be a coach," said Clark when thinking back to her days in high school. "I thought I was going to be a teacher, but I think they're almost the same."

Shortly into her first coaching job Clark was "hooked" and knew she wanted to be a coach.

Clark came to Castleton from Middlebury College where she served as an assistant for their women's soccer team. Clark was on the Middlebury sideline when they knocked off the Spartans 3-1 in the NCAA tournament in 2012.

One thing that makes Clark stand out is her knowledge of different playing styles.

"Jen knows how the best teams in the country play and she incorporates those ideals into our practices which has really benefited us. We are extremely lucky to have Jen," said junior midfielder Eva Clark.

In a letter to the committee who chose the winner of the award, Chapdelaine wrote "The most impressive part about Jen is her interaction with our players and the relationships she has forged. I think that too often we are concerned with the result of the game or bringing in the best player. Jen is more concerned with the person and developing positive relationships on the team than with the actual result of the game."

Players added to the letter by giving their own input.

"The first word that comes to my mind when I think of Jen Clark is encouraging. From the very first time I met Jen I could see her eagerness to help from a mile away," a player wrote in the letter.

Chapdelaine described Clark as "the yin to my yang" and says Clark has taken over the defensive side of the game, allowing him to focus on the offense; both of which have flourished in the 2015 season.

The Spartans finished NAC play with a 9-0 record, allowing them to host the NAC Tournament.

Temple continues impressive career

By Jordan Lumsden
Castleton Spartan

COUTESY OF ZACH TEMPLE

Zach Temple finish 13th overall in the N.E.I.G.A. championship, a tournament including division one, two and three athletes.

Entering the 2015 golf season, junior Zach Temple had his sights set on another impressive season, but there was one problem. Former coach Bill Bowes unexpectedly resigned within the first week of the season leaving Temple and teammates unsure about whether or not to play.

In the days prior to their first tournament Castleton Athletic Director Deanna Tyson announced Brian Hill as the new coach for the Spartans.

"For me, I didn't want the kids to be left out. Their season started in two days and I wanted to help them out," said Hill. "When they asked me to take the job I was thrilled and I'm glad they did."

In the midst of a coaching change and a near season cancelation, Temple remained focused and admitted he was impressed with Hill.

"He was kind of thrown really nothing, just our names," Temple said. "His focus was NAC. He got everybody better. We strive to do well in NAC, it's what our whole season was built around."

Temple started his season off on fire, winning the first two tournaments of the year. The first at the Johnson State Invitational, then the Newbury College Invitational the following day. Temple continued to shoot low scores and finish toward the top of the leader board throughout the year.

Temple was the Spartans number one golfer. He placed third overall, helping his team grab third place in the NAC Championship.

"With Zach, I wouldn't really follow him around that much. I'd check up on him to see how he's doing, but I wasn't worried about him scoring," Hill said.

Temple received NAC first team honors for the second year in a row as he claimed four top ten finished in six matches.

Temple concluded his season by finishing 13th out of 110 overall golfers at the New England Intercollegiate Golf Championships at The Captain's Golf Club in Brewster, Massachusetts, a tournament that includes golfers from divisions one, two and three. He held the lead after the first day shooting a two under par, 70.

Maintaining a lead into the next day of the N.E.I.G.A. Championship was one of the biggest challenges of the year, according to Temple.

"Over night, thinking about it, I came out the next day and didn't play my best and ended up losing by several shots," Temple said. "That was I mentally killing thing because I have to think about it until next season."

Temple's competitive spirit shows during matches, but shows during practices as well.

"During practice we'd always go out and play for a drink at the bar or play for dinner or something like that, so that was fun competition within our team," said Senior Justin Del Bianco.

Going into next season Temple's expectations for himself continue to grow.

"I'd definitely like to win player of the year. It's something I've been wanting to win since winning rookie of the year," Temple said.

So what was Temple's favorite course to play this year?

"The Captain's Course," Temple said. "It was right on Cape Cod. There's two different course, port and starboard, and they're both beautiful venues."

Defense shuts down Anna Maria

By Casey McGraw and Jordan Lumsden
Castleton Spartan

COURTESY OF CASTLETON ATHLETICS

The Spartans held the Amcats scoreless in the second half en route to a 17-14 victory last Saturday. Linebacker Darren Callan made a key stop fourth down to end the game and pick up their sixth win of the season.

Castleton's football team narrowly escaped winless Ana Maria, 17-14 on a 20-yard field goal by Bobby Lineberger Saturday in Paxton, Mass. The Spartans held the Amcats scoreless in the second half, capped off by a fourth down stop by junior linebacker Darren Callan to improve to 6-2.

Anna Maria struck first with a 31-yard touchdown pass from Trai Weaver to Daniel Faison with 11:59 left in the first half.

"We were in a position I think many of us didn't think we would be in," said head coach Tony Volpone. "I think we got figuratively punched in the mouth and maybe to a degree, literally punched in the mouth."

"They came out with a lot of energy and had a good start to the game which gave them life throughout," said Castleton offensive lineman and senior captain Jordan Tolar.

Castleton answered with a touchdown of their own as George Busharis found the hands of Soren Pelz-Walsh for a 16 yard score. Lineberger added the extra point tied the game at 7.

The Amcats held a seven-point lead at the half on the back of junior running back St. Clair Ryan who scored on a three-yard run and punished the Spartan Defensive line.

"We knew this was going to be a tough game. They came out pretty physical," said Defensive Coordinator Blaise Zambrano.

While Castleton was partially stunned at first, they were able to figure it out.

"They ran the ball effectively in the first half then Coach Z made some adjustments and we were able to stop them," said senior safety and captain Eric Mimnaugh.

The second half belonged to the Spartans as they outscored the Amcats 10-0 and finished the job with Callan's fourth down stop.

"You're always talking about somebody needing to make a play," Zambrano said. "You can scheme and game plan all you want but it comes down to players making plays and who makes more plays in the game is usually going to win. Darren Callan is a great example of that."

Castleton players never stopped believing in their defense late in the game.

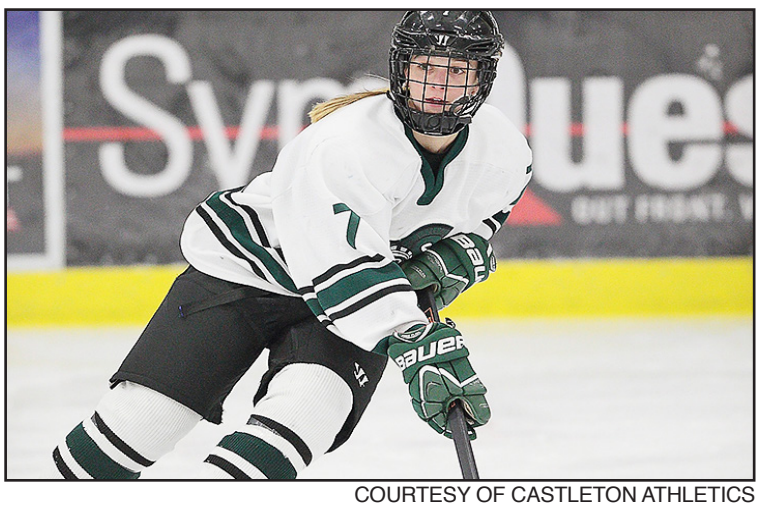
"A lot of us have been playing together a while and we have a lot of trust and faith in each other to get the job done," said Mimnaugh. "It's easy to go out there and focus on your job knowing the guy next to you will do his."

When asked about his confidence level in the defense on the last drive, senior quarterback George Busharis replied "One-hundred percent. I trust all the guys out there at all points of the game."

Castleton will look to tie a school record for wins as they host Becker Nov. 7 at 12 p.m. at Spartan Stadium.

"At the end of the day we're 6-2," said linebacker and senior captain Jay Morgan. "We found a way to win now we just need to have a great week of practice to get ready for a solid Becker team."

Sports through pictures



COURTESY OF CASTLETON ATHLETICS

ASHLEY CALLAN / CASTLETON SPARTAN

The women's hockey team is 2-0 this season and looks to remain perfect, travelling to face conference opponent Southern Maine on Friday. Men's hockey fell to Utica 5-2 in their season opener. They look to get their first win as they travel to Saint Anslem on Friday. Field hockey wrapped up there season earlier this week, losing to Rensselaer 6-2. The Spartans finished the season with a record of 4-12.

Sports Talk with Jordan Lumsden

You do the math.

At $20 a ticket multiplied by the slightly north of 93,000 seats at Los Angeles Memorial Coliseum, the University Of Southern California is making an average of almost $2,000,000 per football game in revenue. Don't forget to multiply that by the number of home games per year, 6, bringing your grand total to nearly $12,000,000 per season on ticket sales alone.

So should the student athletes drawing in these huge crowds be paid for their play?

No.

Although collegiate athletics, such as football and basketball, are drawing in record-breaking crowds, student athletes need to remember why they are there. They enrolled in school to get an education first and foremost. College is where you learn the necessary skills to make responsible decisions later in life.

When learning a new skill, one way to better understand it is to break the process down. This helps fully understand the basic fundamentals of whatever it is you are learning.

The same is true here.

College is a place you learn how to make money, not a place to make it.

Many of these student athletes grew up in low-income neighborhoods. They've had to struggle most of their lives and now, for many of them, they are lucky enough to receive free education and are projected millionaires in four years or less.

But like anyone, if money is dangled in front of your face, you might just take the bait. San Francisco 49ers running back Reggie Bush did just that.

Bush spent his collegiate career at USC where he broke numerous rushing records and helped the Trojans capture 34 consecutive wins in a three-year span. Controversy surrounded Bush and USC after he left the school and entered the NFL.

During Bush's time at USC his family was allegedly living at a property in southern California owned by a sports marketer looking to pursuit Bush as a client. The NCAA highlighted improper benefits to a player as one of the violated policies and issued USC football with a two-year bowl ban and four years probation. Bush eventually returned his 2005 Heisman trophy award.

Although a decision he most likely regretted, I do understand where he's coming from. Bush, like many NFL athletes, struggled financially growing up. This was a young man who saw an opportunity to provide for his family. Even though his actions were wrong, his intentions were right. For that there's a certain amount of respect has to be given.

Bush is the perfect example of the mistakes someone that age can make, especially financially. Although his heart was in the right place, he didn't fully think about the consequences that could and did follow.

USC has since completely erased Bush's name from campus making his time at the school virtually nonexistent.

Money and this sports agency tarnished Bush's collegiate career.

The part that makes college athletics so great is the fact that there is no money involved. These players are going out week to week and laying it all out on the line for each other and their school. That is pride. That's why we love it.

Castleton Spartan

CASTLETON UNIVERSITY'S STUDENT NEWSPAPER

Wednesday November 18, 2015 CastletonSpartan.com Castleton, Vermont

Students question donation to local police

Wolk defends giving money to police and fire departments because the university doesn't pay property taxes.

By Casey McGraw
Castleton Spartan

Students in Professor Dave Blow's Newsgathering and Writing class gasped at the possibility of Castleton University helping pay for a new police cruiser in town.

Police Chief Peter Mantello brought the idea to light at an Oct. 26 town Select Board Meeting that the class was watching on PEGTV to prepare to cover a subsequent meeting. Mantello, said the University wanted to "reward" the police department for good work.

Senior Mike Toczko really dislikes that idea of college funds being used to help fund local police.

"I don't think they should get a reward because they are doing what they are paid to do," he said.

Others asked about the issue seemed to agree.

"I think it makes sense for the college to have a good relationship with the police department and making a donation is a good way to maintain that, but a police SUV is big for a school that could use that money elsewhere," said Alden Bisson, a member of Blow's class.

"The fact that the money would go to them without the students being aware of where exactly their money is going is ridiculous and shady and makes me question where else my money is going," said Olivia Maher, another member of the class.

Some students took the interview opportunity to talk about where they think the money might be better spent.

"The school should use that money to upgrade our campus; some of our facilities need it," said junior Justin Goulet.

But Castleton University President Dave Wolk, in an email response, seemed surprised to learn about Mantello's comments about a car.

"Neither Scott Dikeman nor I have heard about helping out with a cruiser purchase," Wolk wrote.

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Leavenworth's Civil War sword comes home

By William Chmielewski
Castleton Spartan

Not long after the Civil War ended, Abel Leavenworth could be seen on the Castleton campus doing military drills with students while brandishing his Civil War sword.

Leavenworth, for which Leavenworth Hall was named, was principal of what was then the Castleton Normal School after serving as captain in the 9th Vermont Infantry Regiment. Thanks to his grandson, that sword is now back at Castleton and will soon reside on display in the library.

"I think it is really exciting, it is amazing we are going to have it, a visual part of history," Library Director Sandy Duling said.

Abel Leavenworth, a farm boy from Charlotte, Vt., started teaching at age 18, after moving to Missouri where he would find the love of his life. After marrying her, he would then come back to Vermont to teach here, and would later enlist in the U.S. military at the age of 33 as a private, according to excerpts from "Big Heart," a book chronicling Castleton University's history.

Although his regiment didn't see much action, they were at one point captured and then let go. On the night of April 2-3 1865, however, he found himself waiting for the order to march toward the Confederate lines for the capture of Richmond. As they marched, accounts of the day said he could be seen with sword held high running toward Richmond, according to the book.

When he got back from the war, the sword was handed down in the Leavenworth family eventually ending up in the hands of William Leavenworth, the great-great grandson of Abel.

Recently, he contacted history department chair Andre Fleche saying he wanted to donate it to the college as its final resting place, where he said it belonged.

"I was excited because the sword is an important piece of Castleton's history and it is great to have it back on Campus," Fleche said.

After emails back and forth, the duo arranged to meet on Oct. 26 to pass the sword. When Leavenworth arrived at the school, he went and got Fleche and Duling and had them come to his car in the parking lot.

"He didn't feel comfortable walking across campus with a sword," Fleche said.

The sword is back on campus now and there are plans to have it displayed prominently in the library. The display is being set up over winter break and will likely be ready by the time the spring semester begins.

WILLIAM CHMIELEWSKI / CASTLETON SPARTAN

Library Director Sandy Duling inspects Abel Leavenworth's Civil War sword. The sword will be ready for display in the library by the start of the spring semester. Also pictured is Leavenworth's descendent William Leavenworth, left, and history professor Andre Fleche, center.

"It will help us to reconnect to our roots, and remind us of the very long and important history of Castleton University," said Dean Jonathan Spiro, a former history professor.

Super mom, super student

By Peter Kazakis
Spartan Contributor

Between mixing mojitos, tackling university work and raising her daughter, Maddyx, Castleton senior Selina Ferrandino successfully juggles the struggle between.

"Actually, my real last name is Eastman, but Maddyx won't let me change it back because she's scared we won't be family anymore," Ferrandino said laughing.

A non-traditional Castleton University student from Rutland, Ferrandino has balanced being a student and a mother on top of 40-plus hour workweeks. Although she now only tends bar at night at Center Street Alley, until recently she also work days handling billing for the Rutland Eye Physicians ophthalmologist office.

A single mother at 26, Ferrandino, now 33, was married when she had baby Maddyx, but made the decision to not stay with her husband. She says having a daughter "completely" influenced her decision to also go back to school.

"If I wasn't happy with what I was doing, my daughter would follow suit. I wanted to create a better life, that I enjoyed, so that she would also do that with herself — so that she could see that," Ferrandino explains.

Communication professor David Blow said he loves having non-traditional students like Ferradino in class has "never had a bad non-traditional student." He also added that Ferrandino's story reminds him of a former student of his, Elishia Fletcher. Fletcher, a single mom, had expressed how her daughter did not see the value in college because Fletcher herself had not gone. Realizing this, Fletcher enrolled and Blow said he enjoyed watching her successful career as a student. In turn, Fletcher's actions motivated her daughter to attend college as well.

PHOTO CONTRIBUTED SELINA FERRANDINO

Non-traditional student Selina Ferrandino juggles being a mother and college student.

But Ferrandino says some aren't so supportive. As a single mom, she has had to deal with stereotypes and false-assumptions.

People who learn Ferrandino is a single mom will ask her things like, "The father isn't in the child's life?"

To which she calmly responds, "Yes, he is and our daughter was legitimate."

Another common one: "You're bartending at night, but you have a daughter? Where's your daughter?!"

Sometimes, Ferrandino gets witty.

"Oh, I just gave her a Valium and told her mommy would be home later."

The rude and ignorant individual, now mortified, will stare at her for a second.

"She is at her dads and is being taken care of. Thank you."

She has to hold her tongue.

Continued on Page 6

Your pic could be here!

SARA NOVENSTERN / CASTLETON SPARTAN

Want to see your photo in the next issue of The Spartan? Email your submissions to thespartan@castleton.edu.

Sparty is missing!

By Catherine Twing
Castleton Spartan

Something of value is missing from the Castleton community. No, it isn't a portrait of John C. Huden. It isn't another snake. It isn't President Wolk.

It's Sparty.

The Sparty costume, purchased by the Student Government Association in the fall of 2014 and valued at around $1,700, was last seen after homecoming weekend, according to Director of Public Safety Keith Molinari.

"We know that it went out to the athletics department for the game and was returned to the student government office that Monday," Molinari said. Although it may have been used after homecoming, the sign-out process wasn't properly utilized so there is no evidence beyond Sept. 28.

According to Meghan Hakey, graduate assistant program advisor for Student Life, the process to sign Sparty out involves reading a contract with information like how to take care of the costume, how to wear it what is expected of those being the Castleton mascot. The individual signing out the costume would need to fill out a form including the dates they need it, what it will be used for and what condition the costume is in at the time of sign-out and time of return.

"I like to keep a paper-trail, so we use the contract," Hakey said.

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CATHERINE TWING / CASTLETON SPARTAN

Sparty's costume has gone missing.

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She should know better

In this day and age, discrimination against different races should not be something we still have to deal with. We should know by now that it's not what's on the outside that matters, but rather what is on the inside.

Apparently, the University of Missouri still isn't on board with that.

There have been problems on the campus for a long time, but only recently has something been done about it. Protests and strikes have broken out, and for good reason.

Black students have received threats, felt unwelcome and discriminated against for too long. So they did what they thought they had to do. The football team threatened not to play, and students, now members of a group they call Concerned Student 1950, camped out on the quad.

It was then, however, that the focus was pulled away from the real issue at hand and put on the media. A young reporter, Tim Tai, was trying to do his job and take pictures for ESPN to show what was happening on the campus.

His job was important and the assignment totally justified. Tai simply wanted to document what was going on, but some students and one professor in particular did not want him to do his job. They pushed him and blocked him and told him he needed to leave. This professor, Melissa Click, told Tai he had no right to be there.

The most amazing thing about all of this? Click is a communication professor.

She should have known that Tai had every right to be there, on public property, documenting something important. She should have known that Tai was doing his job.

She should have encouraged him, and pushed others out of his way. Instead, once he finally broke through the crowd, she called for "some muscle" to have Tai removed from the premises.

Click grabbed his camera and yelled at him to get out, to which he responded that he did not have to leave because he was on public property.

Controversies over media coverage are an ongoing thing all over the country, and it's usually the reporters who don't know what they're doing who give the rest of us a bad rep.

Now we know where those bad reporters are coming from. They are taught by professors like Click, who don't support the most basic rights of reporters. Our job is simply to try to capture what is happening in the world around us and present it to the public.

Fortunately for everyone, Click apologized and resigned. If there aren't professors who know what they're doing when they teach the students, more and more of this will continue to happen. Click thought she was helping the black students, but she was just creating more of a stir.

There should never be a time when a respectful, kind man trying to make a living is shoved and screamed at, just as there should never be a time when black people are discriminated against in this country.

At least we're one step closer with Click's resignation.

-Jadie Dow

Movember has two parts

As November moves along, you may notice guys walking around with new or additional facial hair. Don't be alarmed; they are likely participating in No-Shave November.

No-Shave November, or Movember, is an effort by men to grow out their facial hair during November to promote awareness about prostate and testicular cancer. They are allowed to trim their scruff, but need to maintain some type of facial hair.

According to ABC News 28,000 people died from prostate cancer in 2014 and 38,000 people died of testicular cancer during the same period.

But there's more to Movember than just growing hair.

Men who participate are supposed to donate money they would spend on shaving products to the nonprofit organization "No-Shave.org." But it seems that many men don't.

According to thejambar.com, over $126.3 million was raised last year. Seems like a lot, right?

But this is money that was raised over the ENTIRE WORLD. The article stated that 854,288 men in more than 15 countries participated in Movember to raise that amount.

The sad part? The United States has lagged behind in fundraising collecting only $90,000 in 2013, according to an article in Business Insider.

But maybe we're catching on because it seems we're doing better this year. As of last Friday "No-Shave.org" has raised $895,788 with donations from not only individuals but also through companies and other organizations across the country.

However it still seems that the percentage of money raised compared to the number of participants is still quite low. Why is this?

Is it because men and groups who participate aren't donating as much, the cost of shaving isn't as much as people make it out to be or is it because people are just growing facial and not even donating at all?

It seems that No-Shave November has turned into another empty cause that people are participating in to show that they are good, yet perhaps not following through with the donation part. It's like wearing a ribbon for a cause, but never donating to it or helping those in need.

People are turning something that is meant to help others and potentially save lives into a reason not to shave in November.

Instead of not shaving just because it's November, how about you donate your time or money to actually help. If you do, maybe then we can be that much closer to a world that will be cancer free.

-Jimmy Britt

Castleton Spartan
CASTLETON UNIVERSITY'S STUDENT NEWSPAPER

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How long has he been doing this?
It's best not to ask about it...
WOLF
CHARGE!
DID ABEL LEAVE HIS SWORD IN THE RIGHT HANDS?!
J. McLaughlin 11-11-15

Fresh Perspective: Not yet an adult

I have never gone to the grocery and purchased a vegetable.

They – being the parents, advisors, tour guides – attempt to put the transition from high school to college into perspective for young, aspiring students.

They warn of the responsibility that accompanies the great step from the comforts of the 'school-at-8, home-at-3' routine. They try with all their might to get it through our pubescent skulls that Mom won't be there in the morning to strip your bed of its comforter if you fail to set your alarm.

There is no longer a need to fake sick. They prepare us in all the ways they can conceive, perhaps over-prepare us for certain endeavors that aren't as prevalent as they remember, and they do all this so we won't have to aimlessly decipher the hardships of independent living ourselves.

For the most part, they do a great job – but I have never bought a vegetable. I am more independent than I've been at any other point in my life, that is without question.

But am I an adult?

I wake up at 7, and make it to my class at 8 with my homework done. If I have a cough, I take Robitussin that I remembered to buy on my own. If I get a bad grade on an essay, I email the professor and I find out why.

I'm living an adult lifestyle, right?

Maybe not.

As I walk out of my dorm each day I wave to the community advisor on duty, the babysitter of every resident. It is his job to make sure I'm an adult even when I don't want to be.

Then I go to the dining hall, the "Mom's kitchen" of the university. I eat whatever they've made. I don't run errands, besides the biweekly "crap, I need deodorant" or the refill of my Cheez-It bunker.

My house is a room, my commute is a walk, and my professors can't fire me. It's adulthood with very few duties. It is a filtered form of adulthood. I realize that my pseudo-mature lifestyle is not by choice nor by lack of trying. It is simply the design of the place where we all reside.

While we have responsibilities at the university, we are granted conveniences. Whether they be too many or too few, you be the judge. The school provides us with what we need so we can more easily obtain what we want: a degree, an understanding.

I am not upset by this, but I need remind myself regularly that I am not yet an adult in the truest sense. I've still not bought a vegetable … but I think it's time that I do.

-William Jacob

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Real life dummies help future nurses prepare

By Emmitt Ackerman
Spartan Contributor

As you walk past the room you see six beds, each filled with a patient. Monitors, tubes and wires hang above each bed and a curtain separates them.

You assume now that you're in a hospital, but in actuality, you're on the second floor of Stafford in a classroom of sorts.

This is where nursing students at Castleton University learn and practice their skills every day.

At least two or three days out of the week, Castleton's future nurses are getting hands-on practice in the simulation lab. Along with the practical classes in the lab, students are always welcome in the lab to practice their skills.

"When we had free time, we would go in by ourselves for more practice on vital signs, airways, IV's catheters, shots, patient care, bandages that kind of stuff," said Castleton alumnus Drazen Smith. Smith graduated from Castleton University in 2015.

EMMITT ACKERMAN / SPARTAN CONTRIBUTOR

The nursing wing at Castleton has authentic hospital equipment and real life dummies to give students realistic practice.

Along with giving nursing students a place to practice, it's also a place for them to build their self-confidence.

"We are able to practice the skills we have been taught without any potential harm to the patients, as well as, creating confidence within the student," said Kristina LaFond, a current nursing student at Castleton.

The patients that the students work on are not just dummies. They are high tech mannequins and allow some interaction between the student and patient.

"They're pretty life-like. They can say some things and make noises. They help a lot if you go in believing they are real people," Smith said.

However, there are many differences between a mannequin and living patient.

"There is only so much that can be done with a mannequin that can prepare you for a real patient," said Stephanie Cleveland, senior staff assistant for the nursing department at Castleton. "The biggest difference is probably how unpredictable it can be and how quickly things can change."

The lab and mannequins are great for the nursing students and a great asset for the nursing department. Cleveland, who also works in the emergency room at Rutland Regional Medical Center, attributes some of her skills to the lab.

"I think Castleton prepared me well with my skills as a nurse," said Cleveland.

Expecting...to finish school

By Jadie Dow
Castleton Spartan

Christina Lazelle woke up early one morning and took a test. Her roommate, Veronica Arnone, was still asleep, but she needed to be woken so Lazelle could share her results. Had she passed or failed? That was for her to decide.

Lazelle slowly approached Arnone and shook her gently. Arnone, still in a daze, opened her eyes.

"If I told you something scary, how would you react?" Lazelle said.

"Depends on what it is," Arnone said, still unsure of whether she was dreaming.

Lazelle presented Arnone with the results of her test. Positive.

She was pregnant.

Unlike most girls who get pregnant in college, the Castleton University senior is happy. She is in a stable relationship with a ring on her finger and has solid plans for the future. Dropping out because her body now holds two heartbeats didn't even cross her mind.

"I didn't even think about dropping out honestly. I'm so close to my degree," said Lazelle without hesitation.

Now that she is further into her pregnancy, however, there are things impacting her life on campus. Morning sickness lasts all day, and aversions to things that she loves are coming faster than she thought.

"I used to drink five coffees a day, and now I can't stand the smell. That and spicy foods, which is weird because I've always loved them. I just hope I go back to liking these things after because my grandfather won't stop giving me spicy food even if I don't like it anymore," Lazelle said with a quaint smile.

Lazelle's parents were young when they had her, only 16 and 19, but they split only six months into her life. Both remarried and had more children, keeping Lazelle's family ever growing. And soon it's going to grow by two more.

Tyler Fontaine and Lazelle met at a friend's house their freshman year of college, and hit it off right away.

It all began with a water fight. Throwing cups of water at each other escalated to Fontaine picking Lazelle up and putting her, fully clothed, into the shower. Laughter was shared, and that turned out to be Fontaine's fondest memory of Lazelle.

"It's a day I'll never forget," Fontaine said.

That's where their love began. Years later and still together, Lazelle has inspired Fontaine time and time again.

"She helps me focus on my future and talks me into trying new things," Fontaine said.

One of those things was the Army National Guard. Lazelle took a semester off to go to basic training, and Fontaine followed her lead. Lazelle works with the medical unit doing behavioral health and Fontaine is with an engineering unit, but both find the experience very rewarding.

Lazelle's mom, Connie Vigue, is very proud of what her daughter has dedicated her life to.

"I always describe her has my little Army princess. She's beautiful, smart, bubbly and sweet. I couldn't be more proud," Vigue said.

This is a popular opinion of Lazelle. Sweet.

"She's so sweet. You can't use that word for many people. I love how genuine she is too. She doesn't try to be someone she's not. Not everything has to be perfect all the time. It's really taught me a lot about myself," Arnone said.

Continued on Page 6

COURTESY PHOTO

Christina Lazelle and Tyler Fontaine, both Seniors at Castleton, are expecting both a baby and to graduate in the Spring.

Dunne says he has a feel for what Vermont needs

By Jadie Dow
Castleton Spartan

Matt Dunne is the Democratic representative running for governor in Vermont. He is firm in his stances on certain issues, and is quick to answer tough questions. Coming from a small town in Vermont himself, Dunne feels he has a good feel for what the state needs.

On Nov. 10 in Jeffords auditorium, he told a small group of Castleton University students his views in a short speech before fielding their questions.

Policies and political views were thrown into the air, questions were asked and answered, before the big question of the night was finally asked.

What are Dunne's views on the legalization of marijuana?

The answer of the Democratic representative in one of the most liberal states in the country didn't surprise many.

Legalize it.

Dunne stated that he would like to legalize marijuana, but in a more controlled environment than it is in Colorado. Dunne would like to use the tax dollars made from selling it and put them toward preventing adolescents from smoking the recreational drug.

Some in the crowd felt thought that was a little contradictory, but Dunne held firm.

"I believe that if we get it out of the black market, it will reduce the use of it with adolescence," Dunne said in response to a question.

Professor Rich Clark was in attendance, and happy with the turnout of the event.

"It's great to see this many people interested with still a year before the election. He is the third of the five declared candidates that we've had here already this year. It shows the activism of the students on campus and I think that's a great thing," Clark said after the speech.

While marijuana legalization was one topic of the night, it wasn't the main focus of his speech. Dunne's campaign mainly focuses on building an economy in Vermont that anyone can be successful in.

According to Dunne, Vermont should be a place with a broadband connectivity where someone should be able to start a business without fear. A place where there are enough opportunities so young people don't feel that they have to move away after college in order to be able to do something with their degree. A better economy.

A place that his three kids are able to thrive in and are proud to call home.

JADIE DOW / CASTLETON SPARTAN

Matt Dunne, a Democrat running for governer, speaks at Castleton on Nov. 10.

"We have all the elements we need to have a better economy. We have education, location, an entrepreneurial spirit, and the best beer in the country," Dunne said, eliciting a few chuckles from the crowd.

Though there were generally positive reactions from the crowd, there was a slight disagreement over the issue of opiate addiction in Vermont. Dunne would like to focus on prevention, putting boots on the ground and focusing on doctors not overprescribing painkillers with opiates in them.

Some students disagreed, stating that it may be more effective to train more police officers in handling people who are addicted to heroin.

Overall, Dunne tackled many issues, and answered all the questions students and spectators had, big or small.

"I'm not a person who makes promises I can't keep," Dunne said in closing his closing statement.

Jim Douglas visits Castleton

By Callie Ginter
Castleton Spartan

Former Vermont Gov. Jim Douglas shared his political sense of humor at Castleton University right off the bat last week when he was asked a simple question, "how's it going?"

"I never know, I've got to check the polls first," said Douglas laughing.

The Castleton student Grand Ole Party Club invited Douglas to campus on Nov. 11. The 1787 room had an estimated 20 people turn out for the event, primarily club members and older area residents.

"I don't get invited to much anymore," said Douglas as he jokingly pouted.

Douglas was asked a wide variety of questions from his thoughts on how Republicans can win this year on a national level, his insight on credit, thoughts on carbon taxes and even his solution to the current heroin epidemic.

"It's causing an economic problem … I don't know what more to do to be honest, I wish I had an answer," he said.

Douglas was also was posed a question about the legalization of marijuana.

"I'm not for it frankly," said Douglas plainly.

He explained how people should not just 'jump on the band wagon' and really think about legalization. He also shared a story about a young man he talked to who expressed how marijuana was a gateway drug for him, and Douglas suggested it probably is for everyone.

Senior Jimmy Britt was assigned to photograph the event and felt Douglas' answers weren't particularly deep.

"I think that Douglas was just giving general ideas from his political party. It didn't seem that there were answers," said Britt.

Douglas spoke a lot about presidency at the national level and how typically the American people like to 'swing back and forth' between Republicans and Democrats for president. He expressed that if the trend stays consistent, "it's our year.

He admitted, however, that Republicans are facing a challenge because most Republican voters are, "pre-dead," implying that as young people get older and older people get older, more voters may be Democrats and the Republicans will "die off," so to speak.

"Ultimately voters will make up their own minds though," he said.

President of the GOP club Zachary Holzworth was pleased with former governor's visit.

"I think former Governor Douglas had a lot of good insight on how the Republicans can win in 2016 on all governance levels. It's always nice bringing him back to campus because he was a well respected governor among not only the people of Vermont, but governors from across the country, namely Republican presidential candidate, Chris Christie of New Jersey," said Holzworth.

Junior Zach Hample asked Douglas about his "ideal vision for the future?" His response consisted of everybody being safe, getting an education, having a decent job, having a home, having a solid retirement plan, addressing the high cost of living in Vermont, and bringing more jobs to the state.

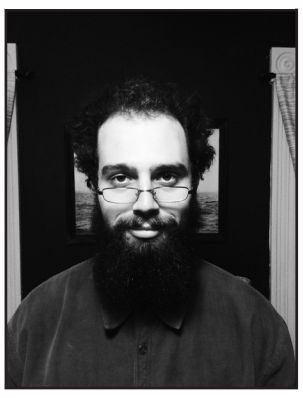
"We will look forward to having him come back next year for another great presentation," said Holzworth.

JIMMY BRITT / CASTLETON SPARTAN

Former Vermont Gov. Jim Douglas spoke at Castleton last week.

Man on the street

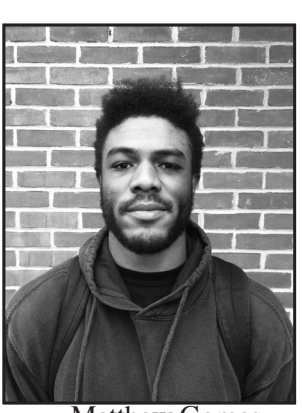
William Jacob



Question: "How prevalent do you find racism to be in the state of Vermont?"

Marcos Gallegos

"Being Mexican growing up in this place, I see it but it's not like Missouri. It's not like the deep South. It's pretty understanding. And the population in Vermont is like 95% white or something like that - with that stacked number I still don't see racism as being that prevalent."



Matthew Gomes

"I think racism in Vermont isn't as bad as other states but it is still a problem, and if people would just understand that there are other races and they can all come together it would be a nicer place."

Dan Fitzgerald

"I don't find racism to be very prevalent in the state of Vermont and I also don't find it to be very prevalent in other states like Missouri, where I'm from. I think people take what they see in the media and make rash decisions."

Shelby Meunier

"I've never experienced any racism. I've never seen racism in Vermont for the last 19 years that I've lived here."

Prof. Andy Alexander

"I think racism exists everywhere, so why should Vermont be any different?"

Seniors hear about life after graduation at social

By Catherine Twing
Castleton Spartan

The 1787 room buzzed with conversation. At each table, a group of seniors and alumni in their prospective fields enjoyed refreshments as they talked about what life will be like after graduation in May.

The Nov. 10 Senior Social, the fourth of its kind, was sponsored by the Alumni Association, Career Services, the senior class officers, the Student Government Association and the Alumni and Parent Relations Office.

"The Senior Social is an opportunity to celebrate seniors and have them connect with alumni representing a variety of careers. It also provides an opportunity to welcome them as future alumni to the university," said Director of Career Services Renee Beaupre White. "All December graduates are recognized and receive a gift on behalf of the Alumni Association that the May graduates will receive at commencement in the spring."

The almost 50 seniors and more than 20 alums enjoyed cupcakes from the Depot Bakery as they talked about opportunities in their fields as well as what it is like to be out of college. Raffles were offered by the sponsoring groups including cash prizes, gas cards, books, gift baskets and more.

"It's a great way for students to connect with us alumni so we can put a face on the Alumni Association," said Scott Lobdell, a 1970 Castleton graduate and a member of the Alumni Board. "It's also a good way for us to stay young."

Lobdell was impressed and pleased with the number of seniors in attendance, noting it was the most well attended senior social that he could remember.

Cecelia Hunt, president of the Alumni Association, said that they get more and more students and alums each year and try to get alum from every field. Unfortunately, this year they weren't able to get alumni from the sociology or psychology fields among a few others because of the availability of the alums and because many live a distance away.

"It seems every year at least one connection is made. This doesn't necessarily mean that a person gets a job, but many learn of opportunities. For example, one year a student made a connection with one of the alumni who matched them up with an internship in physical therapy," Hunt said.

Students were very excited about the networking event and the career opportunities that could come from it.

"I say networking is very important. It's a great way to find jobs," said senior athletic training major Caitlin Ryan.

Senior class vice president Isaac Bendavid was very enthusiastic about being able to make connections that could potentially lead to internships or jobs.

"It was great to talk to someone who was a student a few years ago," Bendavid said. "I can set a career goal and I want to be back here to talk to people when I graduate."

Timothy Macintosh, business development specialist for Triller Print Source & Services in Rutland, has attended the event from both sides.

Macintosh, a 2014 graduate with a degree in business marketing and management, attended as a senior a few years ago and was glad to be able to return as an alum to hopefully leave an impact on current seniors.

CATHERINE TWING/CASTLETON SPARTAN

Seniors sit around and conversate about what life is like after graduation.

"Students were genuinely interested in what it is like after graduation," Macintosh said. "They had some good questions and I hope I had some good answers."

He reflected on his own struggles after graduation and hoped to alleviate some worries for current seniors. The alumni who attended the senior social his senior year helped him out and he was glad to return the favor.

"I remember thinking they are doing big things and they still took time away for us so that was really great," Macintosh said. "There's almost an obligation to pay it forward."

The Alumni Association does a lot for Castleton students as well as alums. It hosts the freshman welcome at orientation, the Senior Social, and also organizes many of the traditional events including candle lighting. They will also be hosting a gala in April to raise money for the alumni scholarship and events like the social.

"I admire the Alumni Association. They do all that work and don't get paid, don't get awards. That's pretty admirable," Macintosh said.

From St. John to Sacramento

Senior Tucker Stone brings reef research to California

By: Sara Novenstern
Castleton Spartan

Tucker Stone reeled out the tape measure while snorkeling several feet under water to help determine the health of coral reefs in southeastern part of the island of St. John.

"I saw a small school of fish swim by me so I looked out toward the deeper part and saw like a five- or six-foot-long a reef shark. It was just a few yards away," he said.

That was this past summer.

Just last week, he was presenting his findings to scholars at Western Society of Naturalists conference in Sacramento, Calif.

"I was confident and anxious to tell everyone what I did, what I found and what I will continue to do," Stone said in a recent interview.

Stone was introduced to the Reef Check course through a chance meeting with biology professor Cynthia Moulton.

"If I had never met Cynthia in that hallway on my way to or out of class, I never would have gone there," he said.

It was that chance that led him to take part in the Reef Check trip to St. John. That was also when Stone was asked to come back that summer of 2015 by Randy Brown, the manager at the Virgin Islands Environmental Resource Station.

The island gave him more than he could've hoped for.

Stone then reached out and introduced himself to Peter Edmans, a professor at California State University. While he was doing volunteer work as a camp counselor, and doing research at the same time – he got invited to the conference.

His mother, Virginia Stone, spoke about her sons's amazing opportunity.

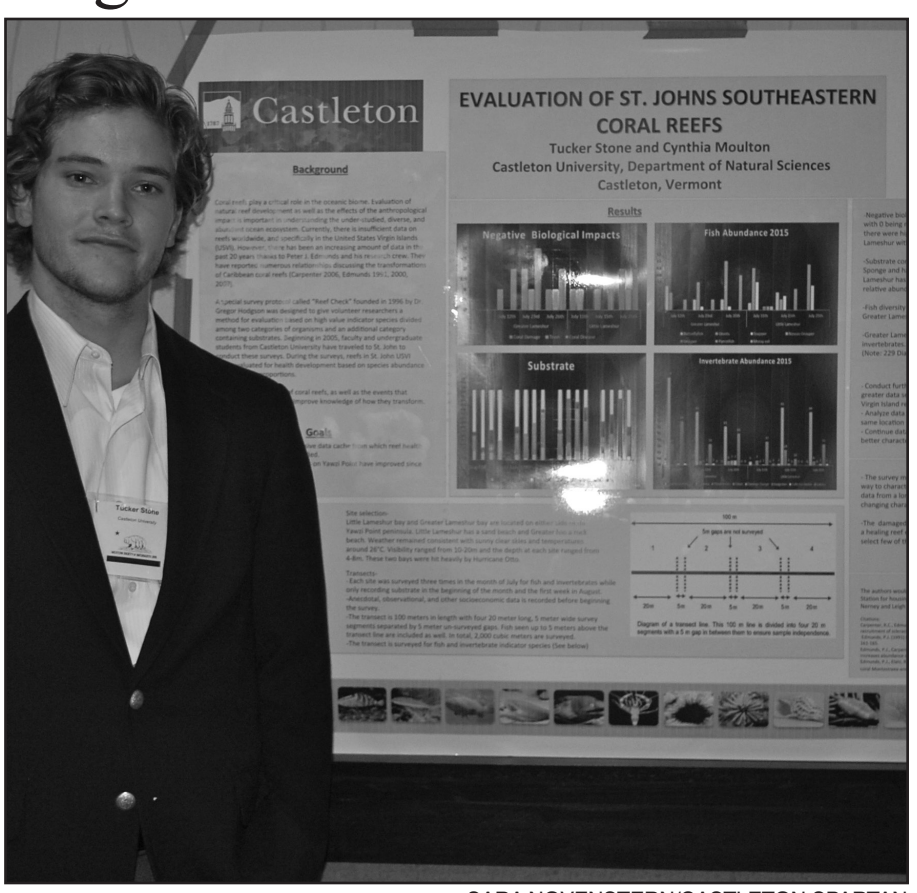
"It's crazy how fate puts its hand out like that," she said, adding that she was so excited for his opportunity.

At the conference, Stone brought his poster full of data, studies and conclusions to present among more than 100 other researchers and at least another 100 observers.

"I felt proud to be representing Castleton across the country where no one has really heard of us. Presenting my research only increased my desire to continue with it," Stone said.

When told of Stone's effort, Castleton President Dave Wolk praised him.

"I am pleased that Tucker served as our ambassador, traveling to California on behalf of Castleton University," Wolk said in an emailed response. "Research comes alive when you can share it with others, and I'm impressed that Tucker did so across the country."



SARA NOVENSTERN/CASTLETON SPARTAN

Senior Tucker Stone stands near his poster at the Western Society of Naturalists conference in Sacramento, Calif. Below, Stone swims in the coral reef in St.John.

Stating that he had never conducted his own research before, Stone also went on to describe how surreal it was going under those waters for the first time to undertake his studies.

"It's totally out of your element," he said.

Spain is serious about combating domestic violence

By Carly Trombley
Castleton Spartan

October 2015 was Domestic Violence Awareness Month, and although you may not have seen many people sporting the color purple to show their support in the United States, the scene was different in Spain.

Although Spain doesn't call October domestic violence awareness month, there are enough cases there to have half a year dedicated to raising awareness.

Since 2011, when 73 women were killed from domestic violence, there has been increased awareness in Spain, according to a New York Times article about Spain's ongoing struggle with it.

"We teach about it in schools now. There have been cases where mothers and children have been given new identities because of domestic violence," said Maria-Jose León, a professor at the University of Málaga.

With families in the Spanish version of the witness protection program due to domestic violence, they live up to being ranked 11th in the world for assault.

The United States is ranked first.

In the United States, we don't see a lot of domestic crimes in our national news," said student Katie Vandermeer of Arizona. "We have bigger problems showing up on our national news. Something like that would show up on a more local news station unless it was an ongoing trial."

"That's because America is like six countries in one. The local news in Holland is the national news in Holland," said Katherine Bakker, from Netherlands.

As it turns out, Spain isn't the only European country having problems with domestic assault. In Denmark, though, the roles are a bit reversed.

"Last year there was a case in Denmark where a wife stabbed her husband with a fire poker and he was hospitalized for it," said Caspar Jensen, a student studying in Spain from Denmark. "When you think about domestic violence, you automatically assume it is the man. In Denmark, we see many crimes in the news from women committing domestic assault."

On Nov. 1 in Madird, Spain's capitol, there was a walk to raise awareness for domestic violence.

According to an article in Business Insider, members of regional feminist organizations, Spain's main political parties and trade unions were marching.

The march was lead by a mother whose daughter was murdered by her abusive ex-husband in 2003.

"There are events like these all over Spain. There have been more than 84 crimes like this just this year," said León.

Recently, major landmarks in Spain like city hall and the Cibeles Fountain in Madrid have been covered in purple light in commemoration of those who suffered from domestic violence and gender-based violence.

In October in the United States, to raise awareness for domestic violence month, The Huffington Post released an article saying that the number of troops killed in Iraq and Afghanistan between the years of 2001 and 2012 was 6,488 and that the number of women who were murdered by their male partners during that time was 11,766.

"It's a major problem everywhere. Everyone just has their different ways of getting the message out," Jensen said.

Alumna lands job with national television show

By Shannon Fischer
Castleton Spartan

For most students, working a dream job after college is merely a pipe dream, but for Castleton Alumna Maegan Walsh, it's a reality.

Walsh graduated from Castleton in 2012 with a major in communications and a minor in film. She now works on Science, a television channel affiliated with the Discovery Channel, on a show called All-American Makers.

All-American Makers is a show where amateur inventors and homegrown innovators pitch their products to a panel of four investors in an attempt to get their products developed on a wider scale.

Walsh shared her experience on the show, and how she got to such a successful point in her career.

"I was brought on the show to test and find inventions for the show. I also did some internet research and went on trips to find people who were inventing. I then became the associate producer of the show. It's awesome; it definitely was a great experience and opportunity. I worked really hard so I was able to get a higher role," she said.

She explained that she got the experience and skill necessary to carry out into the real world right from the communications department.

"I definitely learned about having a positive attitude and never giving up. I learned producing in my classes with Bob, I learned how to produce and have fun with it, and get things going in this industry. I laugh all day with my team but we know we need to get things done at the same time. I also learned how to research from Castleton, and I'm very tedious, and I learned good organizational skills," she said.

Professor and the Chair of the Communication Department, Robert Gershon mentioned his enthusiasm for Walsh's success.

"I think it's wonderful of course. The discovery channel has always been a favorite of mine. It's great she's working for an interesting program. Maegan was always a wonderful person, she deserves to be doing well, and I'm glad she's doing well," he said.

He also mentioned how the communications classes can help lead to a successful career path.

"My classes sensitize students to what's going on in the field, and help them learn their own individual skills. My classes show people how they can fit in within the field," he said.

Gershon's classes provided Walsh with the tools necessary to be successful in the field of communications, but there was also a surplus of other communications classes and professors who gave her real world skills too.

"Every professor I've had such as David Blow, Robert Gershon, Roy Vestrich, and Robert Wuagneux taught me something in a different way. I couldn't thank them enough. They helped me succeed and eventually I want to be a show runner someday and I'm working towards that," said Walsh.

Her feat has given students insight and inspiration on the good that the communications department can have, and how it can guide students to success.

Students from the Intro to Video & Filmmaking class shared their thoughts on Walsh's journey to achievement.

"I think the fact that a Castleton student went on to work for the discovery channel goes to show what great opportunities this school can bring to its students. I wish to do something that big after I graduate as well," said Junior Jenna Malarkey

"I think it's really cool. It would be a great learning experience, and it gives them a good introduction to what they can be doing for a successful career," said freshman Jason Sedell.

Walsh's success has been exciting for the Castleton community and the communication department. Her journey is proof that every student has the potential to succeed, and to make his or her dreams come true.

As Walsh said, "it's a wild ride but it's totally worth it."

COURTESTY PHOTO

Maegan Walsh, bottom left, graduated from Castleton in 2012 with a degree in communication and is now associate producer of the show All-American Makers.

Drew's Reviews: Beach House's new CD

By Drew Hersom
Castleton Spartan

Beach House is a dream pop workhorse. Their latest studio album, Depression Cherry, received critical acclaim less than a month ago for the fuzzy textures which gave it a distinct place in the Beach House canon. Now, Thank Your Lucky Stars is upon us with no prerelease hype or warning whatsoever. While these nine new compositions were reportedly gleaned from the Depression Cherry recording sessions, they stand up as more than a collection of outtakes or b-sides. There's an instrumental and narrative cohesion to these nine tracks, much like there was with this year's previous offering, but they're tonally opposed to each other.

Depression Cherry's plain red album cover truthfully sold itself as Beach House's warmest and most emotionally one-sided record to date and they haven't lost their marketing acumen. Thank Your Lucky Stars' cover art features a black and white portrait of a young girl, evoking a very different feeling than Depression Cherry, but wholeheartedly living up to its promises. The most common criticism thrown at Beach House is that they're tonally stagnant. There's no basis for those accusations anymore. Depression Cherry and Thank Your Lucky Stars both sounded unlike anything Beach House has done before, but also completely unlike each other. Victoria Legrand and Alex Scally are showing themselves to be able to evolve their sound far more than I had reasonable hope for a few years ago, while simultaneously branching their music out into two different directions.

The contents of Thank Your Lucky Stars are only surprising because of what Depression Cherry did earlier this year. Legrand seemed to have dropped her usual emotional turbulence for straight-faced life observations ran through a filter of glassy-eyed wonder. She was very much an observer on Depression Cherry, but Thank Your Lucky Stars sees her return to the pilots seat. These are some of Beach House's most nuanced tunes in a while. Legrand's hauntingly beautiful voice seems to steer the gentle keyboard pulses and sheets of electric guitar in and out of the emotional mountains and valleys in her songwriting. Beach House songs have rarely felt so purposeful with such a clear sense of direction. "All Your Yeahs" and "Elegy to the Void" are standout tracks, revitalizing and refining ideas the band explored on previous projects. This lends the project an air of familiarity, but the distinct emotional niche this collection occupies gives the record a unique and much appreciated place in the Beach House canon.

Romeo and Juliet killed it

By Catherine Twing
Castleton Spartan

Shakespeare is hard to perform and even harder to understand, but Castleton's theater department did a good job of making a well-known play understandable, as well as humorous, to watch.

"Romeo and Juliet," performed Nov. 11-15, was very untraditional with two females playing the romantic leads and with the actors dressed in modern clothes.

The first thing you noticed when you walked into Casella to see the show was the set. It depicted the outside of a house with the famous balcony for Juliet to call to her Romeo from. There is also a section on the left that serves as Juliet's bedroom. The set looks like it could really be the outside of a building in Verona, Italy, complete with ivy growing up the sides.

Another neat thing about the set was the lighting. In certain scenes that take place at night, strings of white lights strung along the building lit up the stage. It gave a very romantic feeling, which was perfect for this show. The lighting also changed from dramatic spots, to colored lighting to show the mood and also emphasize that action was taking place in another location. The lighting in the tomb, for instance, was a colder blue, while the lighting at the party was a bright red.

Garrett Robin, playing Mercutio, was probably my favorite in the show. He was absolutely hilarious and full of energy. He also had the most sexual character. Many people don't realize that Shakespeare's work was so sexually charged, but he wrote half the jokes for the upper echelon of society, and half the jokes for the lower level citizens who would laugh at boner-jokes and womanizing. Robin grabbed his crotch and humped the stage to act out his lines, and the audience loved it.

I performed in the Fall Festival of Shakespeare in high school and the thing I've come to learn is that although we aren't in the same time period as the characters, the themes are universal. Forbidden love is experienced by people in homosexual relationships and heterosexual relationships. Family feuds, falling madly in love, confiding in friends and grieving the loss of loved ones are universal themes.

Last year, I thought the cast of "Macbeth" could have done a better job making the language understandable. Granted, it's a play fewer people know the plot to, but it was hard to understand what was happening in Macbeth because they didn't use their bodies and tone of voice to explain the action. In "Romeo and Juliet," there was hardly a moment they weren't leaping around the stage to convey the meaning with their bodies as well as their words and this made the show much more understandable and enjoyable.

The way the festival I participated in was set up, each school would do a play, but with a twist when it came to music and costumes like post-apocalyptic or Victorian era. Castleton's production was this way with the characters in modern clothes with some modern music.

On the topic of the music, I wasn't actually a huge fan of the way they did it. At times, classic songs were played, including some Michael Jackson, which was fun. What I didn't like was when

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MARTIN VANBUREN III/CASTLETON SPARTAN

The cast of Romeo and Juliet in the party scene when the two leads meet for the first time.

Star Wars brings generations together

By Jimmy Britt
Castleton Spartan

It's time to polish your "X-Wing" and put new batteries in your "Lightsaber," because the "Star Wars" movie franchise is coming back! Granted, we did get an animated movie and a couple of TV series a few years ago. But now we get not one, but three new films!

"Star Wars: The Force Awakens" is the seventh film in the franchise and the first in the new trilogy. The film follows the new heroes Finn, Rey and Poe Dameron. But we get to see some of the classics like Han Solo, Chewbacca, Leia and Luke Skywalker.

In "The Force Awakens," our heroes face the new Sith Lord, Kylo Ren, who plans to finish what Darth Vader started in the original trilogy. Though we have trailers and clips of the new movie, it doesn't seem like the plot will be leaked until the film is in theaters or we get more trailers.

Some are leery of the new films because of the prequels, but J.J. Abrams is directing the film. Abrams has been successful with the Star Trek film reboot so there is hope for "The Force Awakens". Regardless of doubts, the film has already made $6.5 million in ticket sales alone.

On the day the new movie's merchandise got released, Disney made over $3 billion. So no matter how well or how poor the film does, it has already made over its initial cost of $200 million. But regardless of this, it seems like "Star Wars" will always be a staple of movie world.

It seems that every few years we either get a new television show or new movie that is direct to disk. We also see families passing down the films from generation to generation. My parents were never into "Star Wars," but it was my cousin Gabe who started me on the path of the force.

He gave me a Jar Jar Binks glow in the dark stencil and it was all downhill from there. I started to watch the movies and buy the toys and games. I would pretend to be a Jedi with friends when we would play outside. So when the trailers and merchandise came out, I jumped on it. "Star Wars" become a global phenomenon.

But why is that?

Is it because of the visual effects, or maybe the plot? Maybe it's the crazy fight scenes or character development? Whatever it is, it's done right.

The franchise is more than just films, games and toys. "Star Wars" is its own life force. It has brought people together through conventions, chat groups, and even themed weddings. "Star Wars" is almost a way of life.

What I love the most about "Star Wars" isn't the movies or toys. It's that it brings families together. Gabe is passing down his love of the franchise to his two boys. Because of this I'm making a strong bond with his sons and I too hope to pass on something "Star Wars" to them like their father did to me.

Half-way through, but missing Vermont

By Carly Trombley
Castleton Spartan

We've reached the halfway point everyone! *Insert cheering here.* Just last week was the 45th day of this incredible journey I have embarked on, and since then, I've been counting down the days until I can be back in the snowy mountains of Vermont.

Well, that is something that I never thought I would say. It's crazy how much you miss the tiniest of things about home when you are away for so long. There are the obvious ones like family, pets and holidays, but then there are other things you may not consider – like the water pressure of my shower, driving my car, and the smell of the air at home.

I've been feeling especially homesick lately, and maybe that's just because it's the holidays and it's supposed to be a time of family and making memories, or maybe it's because I am so close to coming home, yet so far away.

I was talking to my dad the other day, like any girl would do when she is feeling sad, and he said "It's all down hill from here."

Usually when someone says that, it has a bit of a negative connotation to it, and my dad has never been great with words, but I knew exactly what he meant. I've climbed the hardest part of the hill already, the rest is a smooth ride down back into the arms of my family and friends.

It's so easy to take for granted all of these amazing experiences I've had. Sometimes I have to slap myself in the face and remind myself that I am in Spain. This is a once-in-a-lifetime opportunity that I have been blessed with. Although it hasn't been the easiest ride, I still consider myself to be the luckiest girl in the world to be able to do what I am doing with the support system I have.

My family is definitely my rock and my parents believe in me more than anyone. Without them, none of this would ever be possible. Every day my parents tell me they are proud of me and, over time, I'm becoming proud of myself. I used to be so shy when it comes to talking to new people and doing new things, but being thrown into this culture has shown me that there is no reason to be afraid. One thing my mom told me when I was younger that has always stuck with me is that God only gives us what he knows we can handle.

I can handle this.

How should students' money be spent?

Continued from Page 1

Mantello did not return calls to The Spartan before press time.

Scott Dikeman, Castleton's dean of administration, said that when university officials met with Mantello in September, "It was left that the chief would provide us with a wish list and the costs associated with those items. To date, we have not yet received the list nor made a determination as to our support. It is safe to say that we will be assisting them at some level."

And in his email, Wolk said he believes that's appropriate.

"Since the University does not pay taxes, in the past we have helped out the volunteer fire department and the police department as well as emergency response folks with some equipment purchases," said Wolk.

At the most recent Select Board meeting Nov. 9, Board Chairman Joe Bruno was asked by a student reporter whether the car purchase was proceeding. He said it was still being discussed.

Castleton Town Manager Mark Shea in a follow-up interview on Nov. 11, said the police thought they had more funds than they really do, so the car purchase is still on hold as police and the board are looking into funding options.

Bring Sparty back

Continued from Page 1

SGA President Mariah O'Hara said the closet Sparty was stored in was being reshelved, so the costume was being kept in a duffle bag in the SGA office under a desk. It was supposed to be kept in the WIUV room, but there wasn't enough space with all the other things from the closet being stored in the same place.

Only a handful of people knew what the bag containing the costume looked like and fewer knew where it was being kept. Individuals who have previously used or had access to the costume have been questioned, but there are no leads or information at this time, Molinari said.

Hakey said the office is opened when the building is unlocked in the morning and is locked either when she leaves at night or when the building manager closes the Campus Center, making the office a fairly public space.

Because the costume hadn't been used, no one even noticed it was missing until Oct. 26.

Most students are still unaware that Sparty is MIA, but confused when they find out.

"I just really want to know who the f—k took it," said sophomore Lindsey Reno. "It's a mysterious mystery."

"It's kind of like the snake thing all over again," said sophomore Alex Derosia of the boa that went missing from the science department in February.

Members of SGA are equally confused.

"I just don't understand why someone would steal him," said SGA Treasurer Tyler Anderson. "All someone has to do is sign him out."

Although this can be seen as a humorous prank, Molinari wants people to know this is no laughing matter.

"It's a shame that it was stolen," Molinari said. "I don't find it very funny and I'm fearful Sparty could show up wherever."

In cases at other universities, mascots have been stolen and then used to disrespect or mock the school.

"Sparty is a huge representation of Castleton and the students of Castleton, because when you put on the costume you represent the whole school," O'Hara said.

Castleton police have been notified, and if Sparty is found, the individual or individuals responsible would go through the college judicial system as well as face criminal penalties.

"If Sparty is discovered, that ranges in a felony range and we'd be looking at criminal charges," Molinari said. "If Sparty were to appear at Public Safety without damage, few questions would be asked: if it was voluntarily returned. It would be great if Sparty could just appear."

The old mascot costume was given to athletics and if the new Sparty doesn't turn up, SGA will have to decide if they want to purchase another new costume.

In an email, Matthew Patry, director of student activities and an alum himself, expressed how upset he is over the theft.

"It was an expensive investment that SGA undertook to show their pride in our institution. It's really disappointing to think that someone would take our beloved Sparty," Patry said. "What could they possibly gain by taking it? They can't wear in public and they can't sell it, so what is the point?"

"Whoever took Sparty has in essence stolen from each and every student, faculty and staff member," Patry said.

She plans to go to college too

Continued from Page 1

"It's like they're expecting me to say something less than acceptable so that they can shame me or something," she said.

While Ferrandino is a role model for single mothers, she also made very clear another part of her past, which she holds very important to her. Having had parents who abused drugs and alcohol, Ferrandino was a foster-care child. "I could have gone down a really bad path."

Fortunately, Ferrandino's aunt and uncle took her in and showed her a life that was safe and providing. But she didn't like how this new life was being heavily influenced by money.

Ferrandino says there are a lot of people who often blame their childhood for their mistakes in the future. She hopes that she can be a role model in how she chose to carve her own path and future, despite the cards she was dealt.

"All of my decisions – I own them," Ferrandino says assertively.

Despite her achievements, the struggle of the juggle does overwhelm Ferrandino often. She has some not-so-positive words for herself when asked how she manages to do it all.

"I'm a Jill of all trades, master at none. I am not exceptional at any of these things … I have a hard time juggling it, but I can see an end result. I don't do all these things well, but I'm OK with that and my daughter is happy."

Ferrandino mentions more than once that if her daughter is happy, she is happy. She notes how she is not very organized. She also explains how she has ADHD, and her struggle to be breadwinner, supermom and a university student can turn into a tornado of responsibility.

But Ferrandino is the eye of the hurricane.

After she's finished ragging on herself, she admits she still successfully gets the jobs done.

"I DO! I get it done. And then sometimes, I cry about it," she said with a laughs

"And then I laugh at myself for crying, cuz, I don't know, I don't know how I do it..."

She also adds that not taking her ADHD medication actually allows her access to bursts of energy. But with the energy comes a strong surge of anxiety. So Ferrandino doesn't tend to plan things, rather just tackle life on the go.

"I do like to plan some things but," she said, her thoughts trailing off.

Ferrandino graduates this December and would love to continue school, but she also would really love to open a yoga studio. She explains how Ashtanga yoga is not just about poses and postures, but breath and other aspects.

Ferrandino says "nurturing love" is very fulfilling. She feels a strong "unconditional love" with her daughter, with an enigmatic "extra

COURTESY PHOTO

Selina Farrandino's daughter, Maddyx, poses for a photo for her mom.

touch." Being able to teach her daughter about life and "not just about things that are right in front of her" brings Ferrandino joy. She paints with her daughter often in their home. The two make up songs in the car and sing them impromptu.

Maddyx is 7, in second grade at Northwest Elementary School in Rutland. Her favorite subjects are math, gym and music. She wants to be a music teacher. Her mom says she used to aspire to one day become a "rock-star astronaut." She's afraid of spiders, but not plastic spiders, "because they're not real."

Ferrandino says her daughter is "extremely meticulous;" she writes neatly and slowly. She also takes her time when she speaks to choose her words correctly.

One time, little Maddyx wanted to "get the bathroom ready" for her mom and after being inside the bathroom for a short while, emerged with a length of toilet paper in her hands.

Measuring out the arm-span length toilet paper she asked her mom, "Is this as long as your bum?"

Maddyx loves The Beatles and the movie "Frozen."

The other day in her car seat, she had something rewarding for her mom to hear. They were talking about school.

"And I'm going to go to college because you went to college, right mom?!"

He graduated, and stayed

By Nicole Webster
Spartan Contributor

Countless Castleton University workers also spent time here as a student. One of those is Jake Rick, the grounds supervisor of the Facilities Department. He spent six years as a student at Castleton – and now comes here every day to work – and get paid.

Rick has an undergraduate degree in physical education and a master's in education. Even though he's obviously not a physical educator, he does believe that Castleton helped prepare him for his job.

"Going to Castleton helped me learn what works best for me," Rick said.

When he was looking for physical education jobs in the area and not finding anything, someone suggested that he apply for the grounds supervisor job. Since he knew a lot of people who work here from being a student and has experience in the field from owning his own landscaping business in high school, it worked out well.

"Because Jake is a Castleton graduate, it was a much smoother transition into his position as grounds supervisor. He already knew the campus and many of the coaches and staff he would interact with," said Chuck Lavoie, director of Facilities.

Rick agreed that knowing where everything is and knowing much of the staff is very helpful in his position. As the grounds supervisor, Rick said he is in charge of six people. They mow the campus lawns, set up for events like homecoming and commencement, set up classrooms for events and meetings, clean up things like beer cans, empty trash cans, remove snow and rake leaves.

Victoria Angis, the assistant dean for Campus Life, is on the Disabilities Access Committee, the Green Campus Work Group, and the Alcohol and Other Drug Task Force with Rick. They also work on commencement together.

"His biggest advantage is knowing the culture and community standards. He knows the behaviors not tolerated or appreciated. Those are the things that are hard to teach a new person," Angis said.

NICOLE WEBSTER / SPARTAN CONTRIBUTOR

Jake Rick graduated with a physical education degree and now serves as the grounds supervisor at Castleton.

Due date close to graduation

Continued from Page 3

Though living on campus while pregnant is not ideal, Lazelle is taking measures to make sure she is doing the best for everyone.

Recently moving into a single helped ease her fear of being in the way of anyone.

"I'm just really tired and sick lately. It wasn't fair to have a roommate who had to work around my sleep schedule and be in fear of making me sick," Lazelle said.

But the move actually had an unanticipated consequence.

"I've missed her since she moved into a single, honestly. Don't get me wrong, my new roommate is great, but I understand that she had to do what was best for her," Arnone said.

Along with moving out of her room, Lazelle has had to make other changes. She has played rugby since her freshman year, but had to sit the season out due to her pregnancy. There are times when she misses it, but she has fond memories of everyone on the team. She met Fontaine through her friends on the rugby team, so those are times that she cherishes.

Fontaine and Lazelle took their relationship to the next level while on a cruise. Fontaine was off getting a drink while Lazelle was packing to go to the island and found the ring in his bag.

"I was so happy, but I felt bad. I decided not to tell him that I found it, but I couldn't hold it in when he came back in," Lazelle said.

Little did she know, Fontaine didn't have a solid plan of when he was going to pop the question.

"When I bought the ring I wanted to hold on to it until I found the right moment. I knew I wanted someone else there to take a photo when I proposed, but other than that I was clueless as to how I wanted to propose," Fontaine said.

Not many people plan to get pregnant in college, and fewer rejoice when they see the positive test. Lazelle didn't plan for this, but doesn't see it as a bad thing, stating that everything happens for a reason.

While both Fontaine and Lazelle would like to have a little boy, Lazelle has a feeling that she is carrying a girl, whose due date is dangerously close to her graduation.

"She's such a good person. For some people this would have been the end of the world in college, but she's doing the adult thing. She's getting married, graduating a semester early. She knows what she wants. I mean it's not ideal, but why not? I don't know if I could do it, but not everyone has to be the same," Arnone said of her former roommate and friend.

Lazelle has a way of taking anything and finding the positive. She said she's happy to finish her degree, get married and start her life with a baby on the way. Being a young mother herself, Lazelle's mother has some advice for Lazelle to start her life with.

"Enjoy it. Babies don't stop your life, they make it more fun. You can do anything you could before with a baby. It's rewarding to be a mother, and I'm happy to be a part of Christina's life while she's growing and learning," Vigue said of her daughter.

Same-sex couple in Casella for Romeo and Juliet

Continued from Page 5

Romeo and Juliet are dead (oops, spoiler alert) and they played instrumental music from a well-known love song. It was just too cliché and that moment needed to be more solemn in my opinion.

Making Romeo and Juliet a same-sex couple was a decision that actually worked out. Romeo, played by Brittney Rathburn, although dressed like a female was more masculine than Juliet, played by Lexi Fryover. I can't speak for others, but it didn't even strike me as odd that they were two women. Because of the forbidden love component and the Capulets wanting Juliet to marry Paris, a man, while she wanted to marry Romeo, it all fit very well. They definitely showed what love is regardless of gender or sexual orientation.

What I found surprising, was how the other characters such as Friar Lawrence were so calm and accepting of the two girls wanting to be together. It was a good example of how it should be, since gay marriage is now legal and people should be acting that nonchalant about it.

MARTIN VANBUREN / CASTLETON SPARTAN

Lexi Fryover and Brittney Rathburn potray a same-sex version of Romeo and Juliet.

Veterans Day at CU

ASHLEY FRANCIS / SPARTAN CONTRIBUTOR

Pasic wins NAC Defensive Player of the Year

By Casey McGraw
Castleton Spartan

Scoring on Castleton was not an easy task for anyone who crossed paths with the men's soccer team this fall.

Amir Pasic was a force in net all season earning the title of NAC Defensive Player of the Year.

"It gives us a huge boost in confidence knowing that if one of us does make a mistake, we have a goalie with the skill and ability of Amir to make the save," said senior defenseman Eric Cross.

Pasic posted a .857 save percentage while starting in all 21 games and tallying eight shutouts for the Spartans.

"He reads the game really well and he knows how to control the tempo of the game," said head coach John O'Connor. "All the organizational and game management stuff is his best asset."

Pasic was quick to not take all the credit and make sure his teammates' value was accounted for.

"The guys in front of me, I don't think they got the credit they deserved just because they've been so solid and communicating all year," Pasic said. "It looked good on paper because we were getting all these shutouts, but I definitely think they deserve a lot more credit than they got."

Pasic's leadership has also helped the team immensely, according to Cross

"Amir is a very strong leader as he knows how to keep a good vibe throughout the team while at the same time pushing everyone to be at their best," said Cross. "He is a very supportive and charismatic teammate and a great athlete."

While Pasic has had nothing but success on the field, the journey to Castleton hasn't been an easy one for the fifth-year senior. Pasic attended Central Arkansas, the University of Connecticut and St. Michael's College before finding a home at Castleton.

"I've enjoyed it here probably more than anywhere else from a soccer standpoint as well as a social and school standpoint," said Pasic of his experience at Castleton.

Due to transferring difficulties, Pasic had to sit out of most the 2014 season until the last six games.

"Last year wasn't very fun because I had to sit out, but that experience was also a good one because it tested my patience and I had to be there for the team in a different sense," said Pasic. "It does make you appreciate it all more."

When asked about his future, Pasic was quick to say soccer has a place in it.

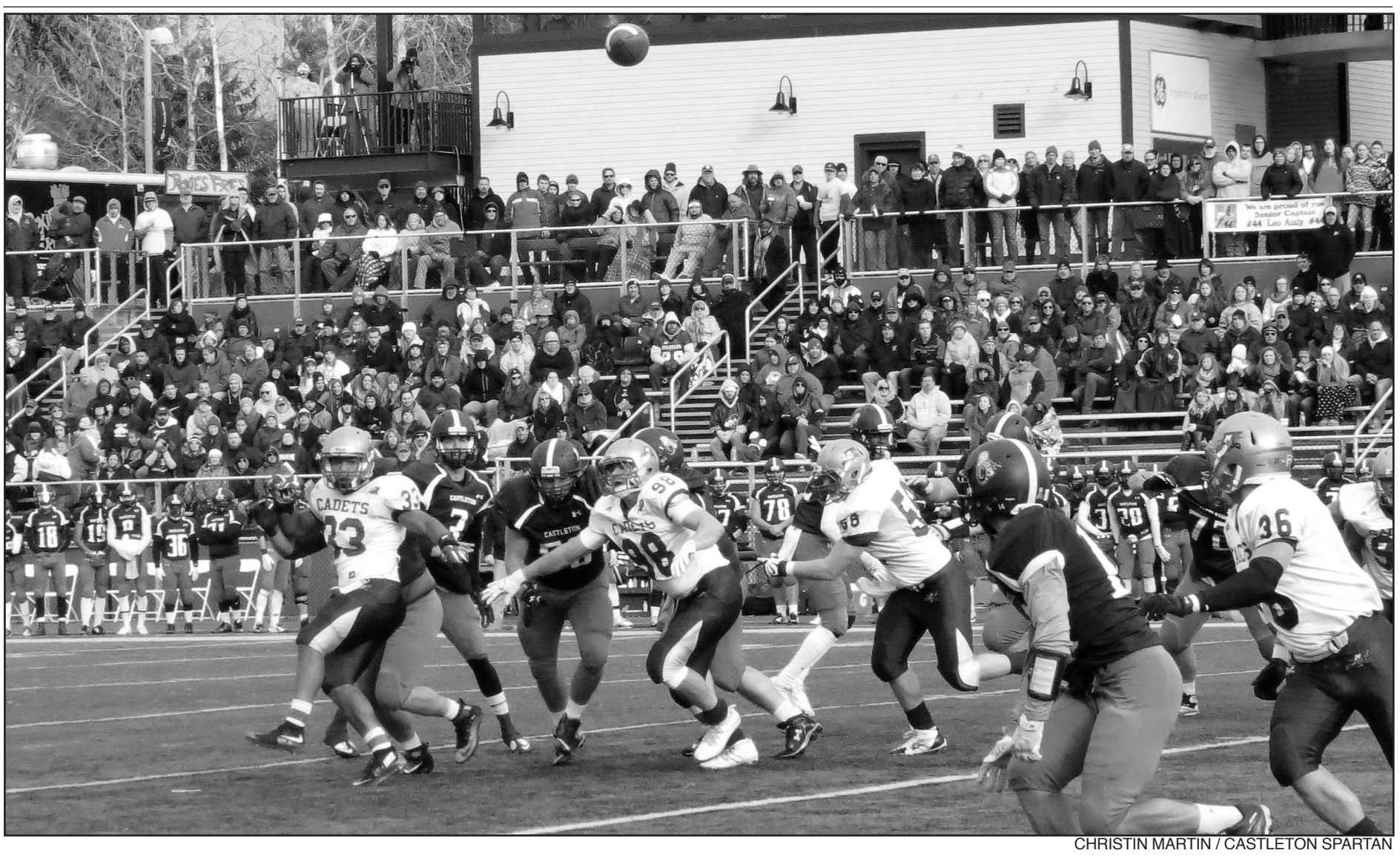
"I don't see myself in an office," he said. "I want to stick around the game as much as possible so I think a coaching career is definitely something I'm leaning toward."

Even though Pasic finished his last season playing for the Spartans O'Connor wants to keep him around for a little longer.

"Our plan is right now that he will come back next fall and be our goalkeeper coach," O'Connor said. "And then when Joey (Haught) graduates, Amir would become the GA."

COURTESY OF CASTLETON ATHLETICS

Amir Pasic wins 2015 North Atlantic Conference Defensive Player of the Year in his senior season.



CHRISTIN MARTIN / CASTLETON SPARTAN

Sap Bucket stays here

By Mike Davis
Castleton Spartan

After suffering a heartbreaking defeat at home last weekend to conference opponent Becker College 35-21, the Spartan football team lost out on any hopes of making it to a playoff game.

But although players, fans and coaches were frustrated and saddened about the outcome, they knew that there was still one more very important game to end the season, and it just happened to be for the Annual "Maple Sap Bucket Trophy," on Castleton's Senior Day, and against the 2015 ECFC conference champions and rival, the Norwich University Cadets.

Norwich (5-4, 5-0 ECFC) clinched the Eastern Collegiate Football Conference regular season title and a playoff game by upsetting Husson University last weekend 20-17.

But a jam packed Castleton crowd full of family, friends, classmates, professors, formers players and alum entered Spartan Stadium to cheer on their team and were looking forward to seeing Castleton (6-3, 4-2 ECFC) hang onto the "Maple Sap Bucket Trophy" for the second straight season, and show Norwich that they deserved to be going to the playoffs.

And Castleton did just that, in with a 31-13 convincing win. They did so in part by getting another great defensive effort from seniors like Leo Audy, Derek McAdoo, who had two interceptions, and Jay Morgan and Brett Denning who combined for several sacks.

It was a very emotional day for many Castleton players as they strapped up their helmets and put on their Green and White jersey for the last time

"Excitement really was the only emotion I felt before the game," senior Defensive Back Eric Mimnaugh said. "Nothing but excitement for one last time out there with these guys … I will miss this team. I was supposed to graduate last year, but leaving with this class and the guys I came in with just felt right."

Senior Captain Jay Morgan was also reflective about the game, and his career at Castleton.

"There is nothing like playing for the Sap Bucket," Morgan said. "Our whole team was fired up all game and we just played with more heart. The hard work, sticking with it, battling through the tough times, I'm going to miss all of it! It's been an absolute pleasure being a Spartan," he said.

It was Norwich who hit the scoreboard first on the opening drive when quarterback Philippe Bazinet ran up midfield for 37 yards that led to a Quincy Williams one-yard rushing touchdown to put the Cadets out in front 7-0. But after that, it was all Castleton, as gun slinger senior quarterback George Busharis was brilliant on the afternoon and his final game going 14-22 for 207 yards and two touchdowns, both to local senior Clye Machia, who caught the four-yard touchdown pass to tie the game with 1:04 left in the first quarter.

Freshman phenom running back Moe Harris made the Castleton single season rushing record books as he ran for 137 yards on 29 carries for a touchdown, putting him at 1,065 for the season and the first Spartan in history to have done so. Junior cornerback Tyler Higley also made the record book for Castleton as he recorded his seventh interception of the year setting the single season record for interceptions.

Castleton ended the finals seconds of play when they subbed out the senior class and awarded them with a standing ovation in front of the home crowd as the Spartans secured the coveted "Maple Sap Bucket Trophy."

COURTESY OF CASTLETON ATHLETICS

George Busharis throws a pass to Soren Pelz-Walsh in Saturday's 31-13 win against rival Norwich (Top). Castleton celebrates winning the Sap Bucket trophy for the second straight year (Bottom). Castleton finishes their season with a record of 7-3 overall and 5-2 in conference play.

"We were able to be successful and come out and be the dictator and punch them in the mouth from the opening whistle until the clock struck zero," senior captain offensive lineman Jordan Tolar said. "Coming out before the game and seeing the crowd, we got excited as a team and personally I knew it would be my last one and so I just wanted to enjoy it and keep the bucket in Castleton, and that's what we did."

Senior Defensive Lineman Brett Denning was also ecstatic, but was at a loss for words when trying to describe what he was feeling.

"I don't really know how to put everything into words," Denning said. "Today was an extremely emotional day from top to bottom. Before the game I thought a little bit about how this was my last game, but I mostly thought about the Sap Bucket and keeping it in Castleton for a third time in four years."

Castleton finished the 2015 season at 7-3, 5-2 in the ECFC for the second straight year, and will look to replace 21 seniors next year.

No. 4 New England College upsets No. 1 seeded Castleton

COURTESY OF CASTLETON ATHLETICS

The Castleton women's soccer team ended its season after being upset by No. 4 seeded New England College in the NAC semifinals earlier this month. The Spartans finished their season with a 12-8 record overall and were undefeated in conference play during the regular season.

Spartans edge Western New England 2-1

By Brock Pollard
Spartan Contributor

Fog covered the Spartan Stadium like a blanket Wednesday night as No. 4 Castleton men's soccer took down No. 5 Western New England 2-1 in a thrilling overtime finish in the ECAC New England quarterfinals

It took a total of 96 minutes to find out who would play Endicott in the second round. The game was decided at the mercy of junior forward, Solo Felekeni's foot. The assists on the goal came from senior forward, Jake Tietgens, and sophomore midfielder, Ndayisenga Van Damme.

"It was crazy, everyone was in the box," said Felekeni when asked about his game-winning goal. "I decided I had to work a little harder."

Though the Spartans came away with the win, the Golden Bear's pressure did not make it easy for them. A whopping 20 shots kept Spartans' senior goaltender, Amir Pasic, very alert.

Of those 20 shots, only three were on net with another two shots hitting the post.

When asked about what it was like being in net with that much pressure, Pasic took a deep breath and wiped the sweat away from his forehead.

"It was tough, especially after losing to Thomas in penalties as well as that game still being so fresh. But it was definitely good to get the win in OT and not have to go to penalties again," said Pasic, relieved that he and his team live to play another day.

The first goal of the game came just 13 minutes in to give the Spartans an early 1-0 lead. Senior forward Blake Hart took a shot that was too much for the goalie to handle, and Tietgens was able to tuck away the juicy rebound that followed.

Western New England's goal came at the beginning of the second half, just two minutes in. Senior forward, Chad Burke, floated the ball into the box only to find freshman, Nick Liccardi, who headed the ball to the top left, just escaping Pasic's fingertips, and in.

Spartans head coach, John O'Connor, was proud of his squad after the game saying how much he believed in them.

"I had confidence that they were going to do it, I'm so happy for them because post-season is so important," said O'Connor.

The Spartans improved to 15-2-2 on the season, while the Golden Bears end their season with 11-9. With this win, the Spartans tied the school record for most wins in a single season.

O'Connor described the win as not only a victory on the scoreboard, but also a moral victory.

"This win doesn't exactly make them feel better about the loss at Thomas, it certainly puts it in the back of their minds, but it also gives them some incentive to keep pushing along and extending the season," said O'Connor

The men finished their season in Endicott earlier this week with a 4-2 loss in penalty kicks after regulation ended tied at one.

ASHLEY CALLAN / CASTLETON SPARTAN

Solo Felekeni breaks through defenders and crosses the ball in Wednesday's win against Western New England University in the ECAC quarterfinals.

Turco in full stride

By Sara Novenstern
Castleton Spartan

The heat box is where the nerves start to come on strong for what's to come. It's essentially the place to wait before she steps onto the ice.

To ease her mind with all the chaos is going on – the cheering and all the commotion – she put on her headphones, usually consumed with Taylor Swift songs.

Next step – is onto the ice.

After getting warmed up by taking some laps, the starting line emerges. The gun is fired and Molly Turco takes off.

"I am hoping to be in the Olympics some day," she said.

This sophomore at Castleton University is a small town girl striving for a bit time future.

Not long ago, she found herself up against current Olympian Jessica Smith, the number one in the country right now.

"She beat me pretty bad in my opinion, she was like a lap ahead of me, but I completed against her," Turco said.

If all goes as planned, 2022 is when she is determined to make it into the Olympics, which means being part of the 2018 tryouts.

Her road to the rink all started with the Green Mountain Club. Without them she never would have started her speed skating career.

Tom Miller is her main coach and he helps her with much of her training. He even takes her to some of her races. They have known one another for over five years, but have been working together more seriously for two-and-a-half years.

Turco's weakness, he said, is that she started speed skating later than most of the competitors that she's skated against.

COURTESY OF MOLLY TURCO

Castleton sophomore Molly Turco sets her sights on the 2022 olympic games in Bejing, China.

"So it has been a trial and error to get her caught up," Miller said, adding however, that Turco is a very determined individual.

Saratoga Winter Club is mainly where Turco trains these days with Paul Marchese as her coach at this facility. Marchese actually made her skates for her, like he has done for other well-known skaters.

What is today a minor set back for Turco – occurred about two years ago when the skating season was ending and spring was starting. For a year though, it wasn't so minor.

It all started when she said she broke out with "hives everywhere." Her mother, Tammie, said it was really terrible.

"She couldn't really even walk up a flight of stairs," she said.

After a bunch of doctor's visits, they finally figured out the issue and she was diagnosed with Mast Cell Activation syndrome, essentially a severe allergic reaction..

That was her senior year of high school too.

"With the allergies came asthma. It started as hives," she explained, "but then it turned into asthma attacks. I have athletic induced asthma and allergy induced asthma."

Her family owns a cow that she used to compete with and a horse, and she's now allergic to both. Luckily, she hasn't had a bad episode of asthma recently because she is always good about taking her medications before practices and races.

Turco is currently a global studies major, but is switching to business. When she isn't training or studying, she works at Price Chopper at the customer service desk as a supervisor.

She also loves music and she said by seventh grade, she could play the original version of Beethoven's Fur Elise.

Before she races she prays – and then she does so again after her races – whether they went well or not.

When asked whom she idolizes, she paused to consider the question. She then went on to say that she tries not to idolize anyone because she believes it creates a mental block.

"I used to be really big into like, 'oh my gosh that skater, I want to be just like her,' but then I found it kind of holds me back," she said. "There was a skater I skated against and I thought she was just the best skater ever and now I'm at her level and I'm potentially going to be beating her."

A night at the rink

CHRISTIN MARTIN / CASTLETON SPARTAN

Both the men's and women's ice hockey teams had there home openers last weekend at Spartan Arena. The men went 0-2 on the weekend losing to UMass-Boston 5-1 on Friday and 1-0 to Babson on Saturday. The women's team tallied two wins last weekend beating Franklin Pierce 3-2 on Friday and Nichols College 8-0 on Saturday. The women have their best start in program history with a record of 6-0.

Sports Talk with Jordan Lumsden

Injuries in sports aren't a new idea. They're a reality. But when your body is healthy enough to play but your mind isn't, that's where players, coaches, fans and parents can differ.

Concussions in sports today are no laughing matter. The days of "I'm fine coach, put me in," are over. With advancement in technology and medicine, trainers and doctors can more accurately determine whether a person is concussed.

Brain damage from direct head contact can severely injure an athlete on the playing field, but repeated contact to the head can be even worse. Brain diseases such as CTE, dementia and depression can have dramatic effects on a person later in their life.

Former NFL linebacker and Hall of Famer Junior Seau played 19 seasons for three different teams before retiring in 2010. Seau suffered from severe depression, taking his own life in 2012 at the age of 43. An analysis of Seau's brain revealed that he had CTE and that it likely impacted his choice to end his life.

Controversy continues to surround the NFL with the release of the movie "Concussion," coming out on Christmas day. The movie highlights how repeated head trauma increases the chance for more harmful symptoms, such as memory loss and depression, later in life.

Most recently in the NFL, Wes Welker signed with the St. Louis Rams despite his concussion history. The wide receiver has suffered three concussions in a little over a year.

Many people, including former players, think this is a risky move for Welker and say he should just call it quits.

"I don't want Wes to play for my own personal reasons," said former teammate Champ Bailey. "It's a serious thing when you start talking about your head. For him to have to worry about that at a young age that he is now, he has to think about those years to come."

Head injuries have not only been in the spotlight in football, but more recently other sports have changed their policies to limit concussions.

In 2010, U S.A. Hockey banned body checking at the peewee level, 11- and 12-year-olds, to improve player safety.

A study of 2,000 11- and 12-year-olds in Alberta and Quebec by Dr. Carolyn Emery of the University of Calgary compared the rate of head and neck injuries. It showed that Alberta players sustained four times as many concussions as the Quebec players and three times as many serious injuries, those that sidelined a player for a week or more. Quebec does not allow body checking until 13. It further found that if body checking in Alberta was pushed back to age 13, the annual number of serious injuries among 11- and 12-year-olds there would fall by an estimated 1,000, and concussions would fall by an estimated 400 according, to a 2010 New York Times article.

Most recently U.S. Soccer has restricted heading the ball for youth players. Additionally, 11- to 13-year-olds can only head the ball during practices and players 10 and under are banned from heading the ball.

The changes came after a class-action lawsuit brought by a group of parents and players last year in U.S. District Court in California that sought rule changes preventing head injuries. The lawsuit charged FIFA, U.S. Soccer and the American Youth Soccer Organization with negligence for not addressing the issue. In 2010, more high school soccer players suffered concussions (50,000) than athletes in wrestling, baseball, basketball and softball combined, the lawsuit noted, according to a recent New York Times article.

The goal behind these rule changes also allow players to increase their skills at a time in their life when cognitive development is so important.

Castleton Spartan

CASTLETON UNIVERSITY'S STUDENT NEWSPAPER

Wednesday Dec 9, 2015 | CastletonSpartan.com | Castleton, Vermont

ISIS doesn't deter students abroad

By Carly Trombley
Castleton Spartan

With ISIS' recent attacks on some of Europe's most famous cities, one might think that it would inflict a little fear in the study abroad students from America.

While some have chosen to cancel their flights and stay home, others are not keeping a little danger from ruining their time abroad.

"We can't let Isis control our lives. We would be just giving them what they want," said Allie Robinson from Pennsylvania, who just last weekend flew directly to Paris. "I studied abroad so I could travel and I'm not going to let this stop me."

Signs of warning have been all over the Internet directed at American students studying or traveling abroad.

According to Heidi Doerr, the ISA study abroad group director in Malaga, Spain, students have been advised to not travel to places including northern Spain, Belgium or France.

They have also been advised not to attend big events like concerts or sports games.

"I went to a Madonna concert in Barcelona last week, and although the security was tight, and there was an element of fear, I had already bought the tickets," said Eavan Lynch, a college student from Nebraska studying in Spain.

Madonna herself interrupted her concert in Stockholm to comment, "They want to silence us. They want to shut us up. And we won't let them. We will never let them," according to a Rolling Stone article.

Beyond the attacks in France, there was another, more recent terrorist attack in Brussels, Belgium. But it didn't stop an American student from booking a mini vacation.

"I just booked my tickets to Brussels and they are non-refundable," said Morgan Schroeder, a student from Nebraska, "Even if they were, I would still go."

Advising students not to travel isn't the only precaution the world is taking to protect us from ISIS. Airport security has been ramped up as well. Airport security and security officials at large events are checking and double-checking bags upon departure and arrival.

"Flying into Barcelona, I got searched twice and I didn't even set off the security alarm," Lynch said. "The same thing happened on the way back."

It's not just these few students who are risking it all to see the sights; there are more than 15 students in the Malaga, Spain study abroad group who are choosing to travel this weekend, according to Doerr.

Eight of them are going to Brussels.

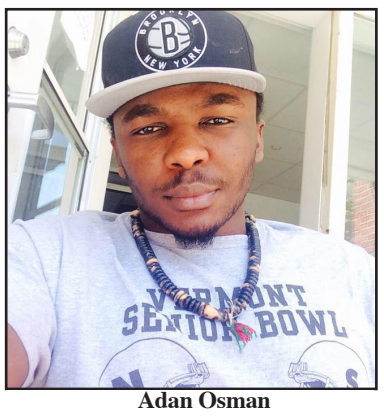
"It's kind of like the American way, isn't it? We are standing up for what we believe in and we aren't letting anyone keep us down," said Andrew Bartells, a student from Pittsburg.

"I worry about these students every day. They are my responsibility while they are studying abroad," said Doerr, "but I can't keep them from traveling and if I were them, I would be taking full advantage of my time here."

The advice from the directors and the moment of silence at the University of Malaga acknowledging those killed in Paris wasn't enough to scare these college students out of living their dreams of seeing the world.

"I mean, what would you do? You might only get this one chance in Europe in your whole life," Lynch said, "I want to see as much as I can with the time that I have."

Local Muslims: ISIS hurts us



Adan Osman

By Callie Ginter
Castleton Spartan

Castleton has very few Muslims and the few who are here would be the first to tell you that there is a huge difference between the ISIS group, and non-extremist, customary Muslims. And they are insulted by ISIS.

Since the recent Paris attacks committed by ISIS, America's society is asking more questions than ever, but are they asking the right questions? It seems like Castleton's students simply want to know who is to blame and who is suspicious.

"I honestly don't watch the news much and I've been pretty in the dark about all of it, but now that it has become so prominent and everyone is talking about it, I definitely want to know more," said junior Melissa Dimock.

The Islamic State of Iraq and Syria, known as ISIS, is an extremist group that follows an Islamic ultra-fundamentalist ideology. They consider themselves at war with the nation and with all people who do not meet their standards of "true" Muslims.

Muslims follow the religion of Islam, a religion that is based on the Quran. They pray five times a day, believe in one God, Allah, and live striving to please Allah so one may gain paradise.

Adan Osman was born in Kenya and raised Muslim. He still practices the Islamic religion when he can, admitting that he doesn't pray as much as he thinks he should, but is, "trying to find God again."

"I was raised and born into Islam. My parents raised me very religious," said the Castleton junior.

Osman said he hasn't ever really felt treated differently for being Muslim, but acknowledges it's easier for him to hide his faith.

"It's easier for me to blend in as a man because I don't have to wear the head scarf like the girls," he said.

When he tells people he's Muslim, he knows some prejudge him and view him differently. He explained how the ISIS attacks are giving a bad reputation to the rest of the Islamic community and fueling peoples generalized beliefs that, "all Muslims are terrorists."

"ISIS portrays Islam as a bad religion. It hurts us …. I think it's really hurtful to say that all Muslims are the same. It gets me angry," Osman said.

Mohammad Bilal, 29, known as the guy who makes the sandwiches at Citgo at Four Corners, is from Pakistan and is also Muslim. Bilal agrees with Osman that ISIS is damaging the Muslim reputation with terrorist attacks and objectives.

"They are not even Muslim. That is what I think," he said.

He said their violent acts and goals go against the Islam religion, because it does not condone killing innocent people.

Continued on Page 6

Somehow she survived it all

Despite abusive parents and two devastating losses, she made it

By Nathan Marden
Spartan Contributor

PHOTO CONTRIBUTED BY STEPHANIE DEMOND

Stephanie DeMond with her adoptive parents, Byron and Pattie DeMond.

Waking up to the screaming downstairs, Stephanie DeMond pulled the covers over her head in attempt to escape reality. She had no clue who was in her house and what all the commotion was about.

"What is going on? You can't take her from me, that is my daughter," her mom cried out with tears running down her face as she watched the police officer take her 8-year-old princess away. Still half asleep, DeMond sat in the back of the police cruiser confused and overwhelmed with questions.

"I was 8 or 9 years old," said DeMond, now a senior at Castleton University. "I had no clue what was going on. I just remember staring at the alarm clock as the police officer slammed on my bedroom door, rushing me to get ready."

After being taken from her mom, DeMond entered foster care hoping to find a comfortable place to call home. For a few years she would bounce from house to house, living with different families until she could be adopted.

Although she had little luck finding a nice home, there was one foster family that stood out from the rest. The house Stephanie wanted to call home sat at the end of a little dirt road off of Route 5 in Windsor, Vt. Decorated with flowerbeds and dozens of wind chimes, the old country house belonged to an old country family. Byron and Patti DeMond cared for Stephanie as if she was one of their own.

"Stephanie has changed my life from the minute I saw her," said Pattie DeMond. "I felt a special connection to this child and knew, in my heart, somehow I would be bound to this little girl. Stephanie Michelle Massy DeMond is a shining star and can light up a room with her smile. She has given me happiness."

But shortly after Stephanie moved into the house, Byron, who was the chief of police in Windsor, had to retire after being diagnosed with cancer.

"During the years I was still technically in foster care, I got to bond with him before he passed," said Stephanie. "After he retired we bought him a recliner, and we use to sit in it together and watch the hunting channel. I would always pick on him for falling asleep and he would always be like, 'I'm just resting my eyes.'"

As Byron's condition grew worse, he was forced to enter into the hospital, where he would soon pass away, but not before gaining legal custody of his daughter, Stephanie DeMond.

Continued on Page 6

Uuugly sweaters!

MARCO LAM / CASTLETON SPARTAN

Smith Donelon and Emily Hudson take home ugliest sweater awards at Fishtail Tavern.Want to see your photo in The Spartan? Send submissions to thespartan@castleton.edu.

Christmas wishes

By Eric Mack
Spartan Contributor

This year Castleton University students want a lot of apples for Christmas. Apple TV's, Apple phones, Apple computers, and some want the new Apple watch.

However, chemistry Professor Helen Mango wants something a little tougher to come by.

"In an ideal world, all I want for Christmas is time," said Mango as she laughed.

And some, like senior Josh Farmer, aren't asking for material things.

"Christmas is more than the presents, it is about spending time with your family," he said.

Many Castleton students said that all they want for Christmas is a fridge filled with beer.

"Nothing like sitting around the Christmas tree and having some cold ones with your relatives," senior Derek Gingera said.

Sophomore Trevor Hanna wants a new backpack because last week he lost his with all of his notes for his final exams.

"I don't know where I left it, so until Christmas I am using a duffle bag as my backpack," Hanna said.

Hanna also wants some new hockey gear.

"Hopefully I get a hockey stick that has some goals in it. Our team could really use those," Hanna said.

Some students said all they want for Christmas is gift cards for gas.

"With the grocery stores being so far away, I am spending extra money every couple of weeks just to get food," said sophomore Timothea Carone.

A few students wanted to be funny with their request. Ruby Bushey replied, "All I want for Christmas is my two front teeth." Funny, that is usually something a hockey player would ask for. But, she plays softball.

MARCO LAM / CASTLETON SPARTAN

A lot of the female students on campus are asking for clothes. Senior Will Laking also wants a new suit to look dapper in.

"I want a nice silky grey suit," said Laking with a smile on his face.

Biology teacher Christine Palmer was silently thinking and then yelled, "All I want for Christmas is some cross-country skis for the winter."

Ken Ward, the janitor in Jeffords, just recently joined a Weight Watchers program.

"For Christmas, all I want is a new scale for my bathroom," he said.

Diane Spangenburg doesn't want any gifts for Christmas.

"All I want is peace for the family member's affected by ISIS," said Spangenburg with a hopeful look on her face.

Rutland possesses countless opportunities

Castleton University already has a presence in Rutland with the art gallery, polling institute, Spartan Arena and a partnership with the Paramount Theater – but it could have so much more.

Education majors could help students who are struggling in the Rutland School system. Business majors could partner with Rutland to bring in revenue and market the city. And health Science majors could work alongside staff at Rutland Regional Medical Center to provide assistance for those struggling with sickness, injuries, and diseases.

College students have the ability to impact the community in many positive ways and having more programs in Rutland will allow students to expand their knowledge from the classroom to the work force. Castleton University students will have more of an opportunity to engage with professionals if they are centered in the community.

The partnership with the Paramount Theater has shown to be very beneficial to both the community and university. The community has the ability to engage with college students while watching plays, musical performances, and prominent speakers.

Also, Castleton University's Polling Institute has been able to draw in community attention through telephone surveys on various issues in the news. They also have made it possible for many community members to take in the current electoral debates at the paramount theater.

In 2004, Americas Promise notes that postsecondary institutions can serve as a catalyst, conveners, providers, partners, innovators, and civic generators.

Castleton University could expand service learning programs and internships for students that put them in a community based setting. From there, as a university we could build initiatives designed to provide training, technical assistance, and building supports to the Rutland community.

It is not hard to envision Castleton University students making an impact.

Some, however, may argue that such a move would ruin the "small campus" environment that many people have grown accustomed to. They'll say we don't need to expand further in Rutland and need to focus more on growth within our own campus. This would include adding more dormitories and parking space.

But, to prosper these days, it is essential that students reach out of their comfort zones and strive to be better students, and more importantly community members.

And while some may see Rutland in a negative light, we see opportunity for these students.

-Eric Mack

Back to the drawing board

My name is Joshua McLaughlin, and as many of you know, I am the current editorial cartoonist for The Spartan. After this issue's latest piece, I will be stepping down to concentrate on finishing my bachelor's degree in Multidisciplinary Studies (for teacher licensure) for the coming new semester. There may be an outside chance that my art could return for a guest appearance in a coming issue, but that is not likely the case. Anyway, I just wanted to send a thank you to the staff and readership of the Spartan paper for letting me showcase my pieces in this paper. I have enjoyed having this paper serve as an avenue for my artistry. I really like to get into my own space and draw in my free time, so to be able to have that privilege of bringing my talents to such a public forum has been an amazing opportunity. Being in this position for the Spartan has given me the experience to grow in my hobby, so to Professor David Blow, acting editors Callie Ginter and Catherine Twing, and the rest of the great folks at The Spartan, I will be forever grateful for their aid and support. I also wanted to extend my appreciation to the many readers who pick up Castleton University's student-led paper every day for local news and entertainment. For those who know me, I can pick up a lot of comments and questions about my artwork, but I will never know the full extent of its impact on the student body or the university's faculty. I just hope that most, if not all, of you out there received some joy from my pieces. I do not know this, but I would also hope that some of the works made you think about some of the problems that we as students face on our campus, along with our obligatory role, and responsibility, to work with the educators and other employees of the university to address those needs. If it made someone's day better or gave someone a new perspective on our place in this wider community, I will have done my job admirably. To waiting new experiences, uncharted horizons, and the untapped potential of the burgeoning artist who takes my place in the spring, I tip my hat off to all! This is not a long ride off into the sunset, so much as a cleaning of the Castleton drawing slate for the next adventure (besides, trying to spell auf wiedersehen is kind of a pain).

- Joshua McLaughlin

Castleton Spartan
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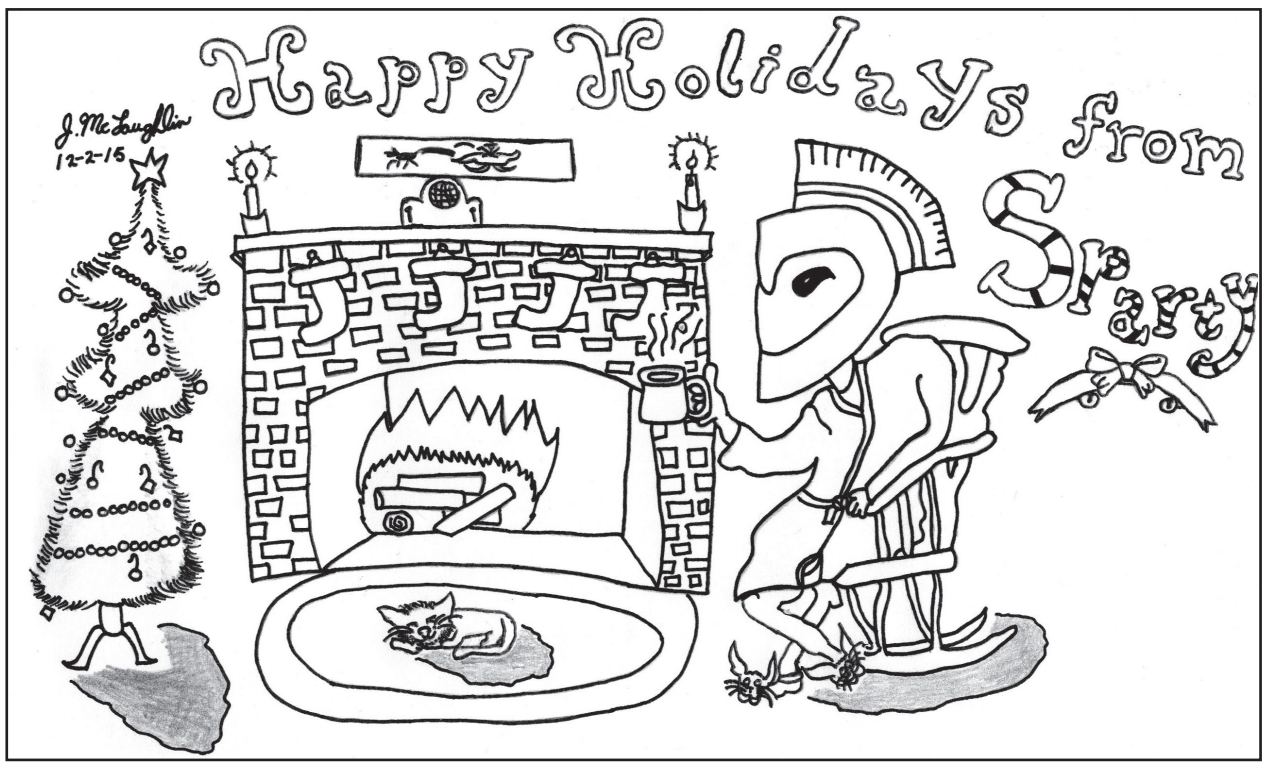
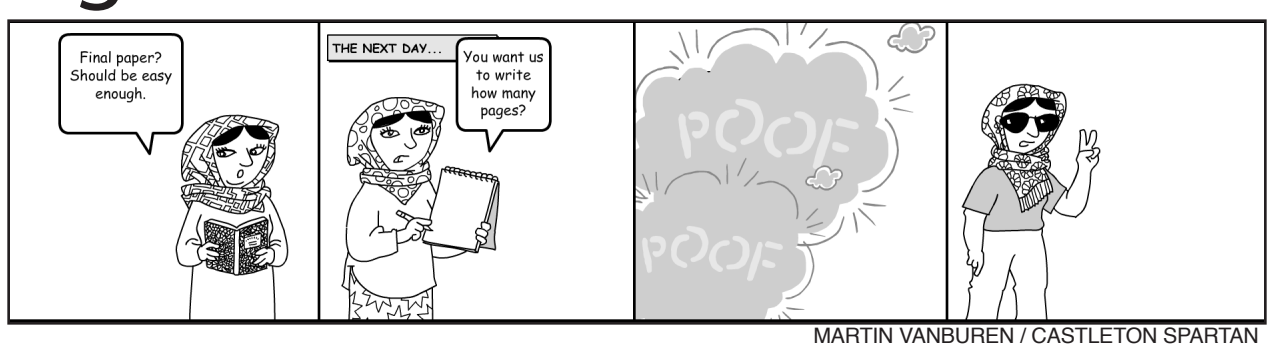


Ugh!! You want us to do what?



MARTIN VANBUREN / CASTLETON SPARTAN

Pratt says farewell

Just like that, I went from being a high school graduate to a nervous, excited freshman college student looking for some sort of direction. Now as I sit here and write this, it's hard to fathom how senior year came and went so quickly.

I can't help but think back to my first day on campus – move in day. I swear it was one of the hottest days of summer. I remember lugging all my belongings up two flights of stairs in Ellis Hall to my room, number 211. I have to admit though, after hearing all the stories about Ellis being haunted, my roommate Emily and I were definitely on guard. For at least the first week, we would wake each other up in the middle of the night just to go to the bathroom.

But in all honesty, some of the best times I had in college were spent hanging out in Ellis, whether it was pulling pranks on our neighbors or just leaving our door open and having people constantly pop in to talk and hang out.

Since then, I have lived off campus for a year, I have lived in the newest residence hall, Hoff Hall, and now I have a two-bedroom apartment. Without all of these experiences, I wouldn't have grown so much in the last three-and-a-half years.

I realized quickly that being involved is the best way to meet new people and to get those experiences that will change your life forever. In my three years, I was editor of the The Spartan, a community advisor, a student intern for the Marketing and Communications Department, a dispatcher for Public Safety, had two other off campus internships and was a member of the women's volleyball team.

I truly believe that college is a lot more than just being a student. It's about whom you are when you step away from the classroom. Some experiences however, will always stick with me.

Since I can remember, athletics have consistently played a huge role in my life and without hesitation I can still sit here and say some of my most fond memories in college involved sports - specifically volleyball.

I think back to the long pre-season days when I spent a countless number of hours with a group of girls who have truly made my college career unforgettable. It was the long bus rides, the practices, dance parties in the locker-room, goofing off whenever we could, but also being serious when we needed to be, the team dinners and the games we won and lost together. That I will truly miss.

On the last game of the year, playing Maine Maritime, I think I was still in denial that the season was coming to a close. Our team worked incredibly hard over the years to make it as far as we did and it wasn't until the last point of the game that everything hit me all at once. The emotions overtook me and I couldn't help but let it all out. When you have been playing sports your whole life, it's hard to let go.

And it's not just the competition that I will miss. It's my teammates that became my best friends and the discipline the sport trained me to have in all aspects of life. Those are the things I am extremely thankful for.

But now that it's over, I have currently been living the "NARP" life, or as some say, I am a retired athlete.

Although you've heard about my life as a student athlete, I would be doing an injustice to leave out the other parts of my life – hanging out with friends and partying. The many Thursday nights I spent with friends at Fishtail or just having casual wine nights with friends were always a blast. These were the times you really grew closer to friends, and more often than not you made new friends along the way.

This past summer, I moved into my apartment with my roommate, Shelby, and it was the best decision I've made. We had an exciting summer and have continued to really make senior year one to remember. The overall experience of living on your own, being independent and having freedom has been great and I am going to miss the fun times I've had with Shelby in that apartment.

I could go on and on about the fun times I've had, but that would be a never-ending book of crazy adventures.

I would like to say to all my friends, as Green Day said it, "I hope you had the time of your life." It is such a bittersweet feeling to let go, but we will always have the memories to hold onto.

-Kaylee Pratt

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Sparty is back, safe and sound

By Catherine Twing
Castleton Spartan

After being MIA for nearly two months, Sparty has been returned to his rightful place in the SGA office.

"Over the weekend the Sparty costume was found in the Glenbrook Gym public ladies room by Fred Colvin [custodial staff member] while cleaning the gym," said Matt Patry, director of student activities.

There were initial rumors that Sparty had been found in at the stadium, but Patry said a phone call with maintenance worker Kevin Treadway confirmed that it had been found in Glenbrook.

Reported previously by The Spartan, the costume, valued at $1,700, was discovered to be missing on Oct. 26 and hadn't been seen since Sep. 28. It was being stored in the SGA office under a desk while the storage closet was being re-shelved.

The found costume was inspected on the morning of Nov. 23 by Patry and SGA Treasurer Tyler Anderson and was found to be in good condition with no damage. All of the items were in the travel bag and although there was a smell of perfume, that may have been from a previous use, according to Patry.

Some credit Sparty's return to the media coverage by university, regional and national news outlets.

"I guess that extra buzz between WCAX, The Spartan and The Rutland Herald really helped," said SGA President Mariah O'Hara.

Regardless of the reason for his appearance or disappearance, members of the Castleton community are quite excited about Sparty's return.

"I was at the high school working when Matt Patry texted me saying that the mascot had been found. I was super excited!" O'Hara said. "I think we all missed having our Sparty cheering on our Spartans. But now he's back and that's what counts!"

"I feel as though when it was gone it took away a piece of our community and now that it's back, our community is stronger than ever," said SGA Secretary Matt Gay.

Junior Tony Sawyer agrees that Sparty is a glue that holds the spirit of Castleton together.

"It feels great to finally have the mascot back. When it was gone I felt like part of the identity of Castleton was gone with it, but now that it's back I feel complete again," Sawyer said.

CATHERINE TWING/CASTLETON SPARTAN

SGA Treasurer Tyler Anderson smiles because Sparty is back.

Tuesday was a giving day

Students collect clothes, money for charity

By Jadie Dow
Castleton Spartan

December. For most people it means hot chocolate by the fire, sledding and pretending to like their Great Aunt Bertha's fruitcake. For college students, it means finals.

This fateful month causes maximum stress and fear among students all across the country.

The bad students will ignore their responsibilities and drink their sorrows away. The good students may do some studying here and there. The great students will study hard and ace their finals.

The moral students will put their stress aside and help people in need during the holiday season.

"I was always given the Christmas with the living room filled with toys. I know how amazing I felt every Christmas morning. So I like the fact that I can help kids who aren't as lucky as I was feel that way," said Christian Procida, who is raising money so a local family can have a great holiday.

Students in David Blow's Media Ethics class decided to open up their hearts, and their wallets, to do all they can to raise money for a family in need.

In addition to collecting on campus, students were challenged to go out into their communities over Thanksgiving break and return with donations, big or small, to help the family, a single mom of a 2-year-old girl and 7-year-old boy.

The giving spirit has surged through the campus, with two clothing drives, a food drive, and volunteers everywhere.

Students McKenzie Bover and Molly Perkins held a clothing drive for women at the Mandala house in Ruland.

> "I was always given the Christmas with the living room filled with toys. I know how amazing I felt every Christmas morning. So I like the fact that I can help kids who aren't as lucky as I was feel that way," - Christian Procida

This house provides a place for women who are in transition from jail back into society.

"We only had about 15 people donate so that was somewhat disappointing. However, we got a lot of clothing for the small amount of demand. We also had a prize, which was a Castleton University sweatshirt, but compared the potential $500 that is being offered by SGA, our clothing drive came up short," Bover said of her clothing drive.

The SGA clothing drive was widely popular, with volunteers collecting over 3,000 items for various local organizations, according to an email from Emma Faucher, the executive vice president of SGA.

Habitat for Humanity and the Rotaract club raised $106 through a bake sale for Pure Water for the World, a nonprofit organization that provides safe drinking water for people in developing countries.

"I was in Habitat previously and I just love community service in general. So when there was another club I heard about that also helps people in need, I immediately joined Rotaract. I want to try and help as much as possible," Emily Burke said.

Though many people tend to give more during the holiday season, Bover doesn't see herself as being restricted to that in the future.

"I definitely expect to be doing this kind of community service throughout my life. As a psychology major, my main goal in life is to help people, mostly children. If there are ways I can reach a greater population, I am definitely going to pursue the opportunity," Bover said.

CATHERINE TWING AND ASHLEY CALLAN/CASTLETON SPARTAN

Above, bags full of clothes get piled up ready to donate to charity. Below, junior Melissa Dimock, junior Rosalie Burke, senior Emily Burke, and senior Kaylee Pratt sell baked goods for the Rotaract Club on Giving Tuesday.

President Wolk welcomes Red Cross into home

ASHLEY CALLAN/CASTLETON SPARTAN

Senior Kim French smiles for the camera while she donates blood in President Wolk's house. Behind her, a donor raises her arm to get the blood flowing back into her body.

By Shannon Fischer
Castleton Spartan

On Tuesday, Dec. 1, the Gift-of Life Marathon Blood Drive was held at Castleton University at President Dave Wolk's house.

The blood drive was a part of Giving Tuesday: an event that lets the community give back during the holiday season. Giving Tuesday also featured other ways of giving back such as bake sales and other donations.

Castleton's community donated a total of 135 pints of blood to the Red Cross. Students had different reasons for donating and giving back during this holiday season.

"I give blood because I am so fortunate to live in a place that has this opportunity. There are many people in this world that are in desperate need for such a simple thing as blood. I am physically able to donate and make a contribution to help someone else. If every person acknowledged their privilege and gave to those in need, we would have more blood than demand. It is important for me to appreciate my blessings and do what I can to be a blessing to someone else," said Junior Kayla Zsido.

Junior Breannon Meuse also used the gift of helping people to make a difference.

"I donated because I know I can help someone by giving them something that I have enough of which some people don't. I donated because I want to help people," she said.

Other students on campus lent a helping hand on Giving Tuesday and shared their experiences.

"I am the secretary for SGA and was asked to participate, and I love doing community service because no matter how much you do you are still helping someone and at the end of the day that's all we can ever ask for, it had a huge effect on me," said Freshman Matt Gay.

SGA played a huge role in giving Tuesday, including helping out at the President's house where the blood drive was happening.

"We set up a table right in front of the president's house. So when people walked in they saw an SGA representative or volunteer and could ask what was going on. So they were collecting coats, clothes, boots, and food. We also had a few money donations that we contributed to the Habit and Rotaract clubs. We had the stickers we gave out so if people gave blood they got stickers," said senior Emma Faucher who helped organize the day.

Faucher continued to describe how this day affected her.

"Overall I think the day had a large effect on me. There was a lot of planning that went into it and behind the scenes stuff and I was definitely super stressed leading up to it. I feel like every time you plan an event like this you're nervous like is it going to be successful or not. At the end of the day when we were counting everything I saw the numbers were up to 3,000 I had tears in my eyes. I was so happy that the students got together and made it happen," she said.

New spanish professor brings Columbia to CU

Claudia Orozco Martin

By Sara Novenstern
Castleton Spartan

Fulfilling a desire to travel and teach, visiting Spanish professor Claudia Orozco Martin, from Columbia, came to Castleton University. Arriving mid August, she brought her perspective and Spanish skills to students here.

Q. What is your job title?
A. "My job title officially is a Spanish TA, but I'm not actually working as a TA cause I'm teaching my own classes. I'm teaching Spanish 1 and Spanish for health professionals."

Q.How old are you and where are you living today?
A. "I'm 26. I live on campus, Haskell. It's different, because when I went to college, I lived in my own house so I never had the experience of living on campus with other students so this is completely different to me."

Q. What prompted you to come?
A. "Well… what I wanted to do was to have a different experience with teaching. In Columbia I was teaching English and then I decided that I needed to work on my English and wanted to have a different experience. I thought, well this is my opportunity to do something different."

Q. What are some big changes and challenges for you being here?
A. "Many things – many things. It's been different for me trying to adapt to the life in a small town like it is here because I lived in a very big city where lifestyle was crazier and busier. The weather is also different. I'm looking forward to winter, I guess it's going to be very nice, but it's also very different for me because I've never experienced winter or the snow. I don't know how my body is going to react to it."

Q. Do you have plans to go back to Columbia?
A. "I will be here till the end of the spring semester. After that I'm going back to Columbia. My program here lasts for a year so the idea is that I taught here for two semesters so spring semester will be my second so after that I am going back."

Q. Can you tell me about your family? Do you have any siblings?
A. "I have two sisters, they are younger than me. They live in Columbia with my mother. My family is very big actually. On my mother's side I have 12 aunts and uncles and about 42 cousins. So it's big! My dad's side of the family is a bit smaller. I have six aunts and uncles and seven cousins. My immediate family is my mother and two sisters.

Q. Will this be the first time spending the holidays without them?
A. "Yes. I feel you know – homesick. I knew that this was going to happen when I made the decision to come here. But yeah I'm going to miss my family and our Christmas traditions and the things that we used to do."

Q. What did your family think of you coming here?
A. "They've always been very supportive with the decisions I've made. They were excited for me. They always say 'follow your dreams,' 'do what you really want to do.' They were excited, but at the same time feeling sad because they were not going to see me for a while – like this is the longest time we've ever been apart. But they are happy that I'm here because they knew that this is what I wanted to do.

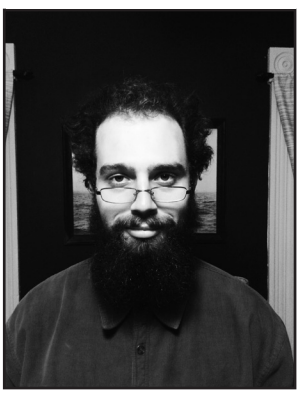
Q. Have you seen the show Narcos?
A. "I haven't."

Q. Can you tell me about the reputation of the city Medellin?
A. "I'm not from Medellin, that's where I was living before I came here. I was there for three years actually. It is a city that got that fame because of Pablo Escobar I know, I understand and that's why people know it. But it's also one of the biggest cities in the country. There has been a lot of investment in technology in science, in sports and arts and you can see that reflected on the way people live and the satisfaction people have with their city and the quality of life. Even though that's its history, it has changed a lot and now it's a completely different city from what you can see it reflected in shows like that."

Continued on Page 6

Man on the street

William Jacob



Question: How do you feel about the possibility of Syrian Refugees coming to Vermont?

Matt Faris

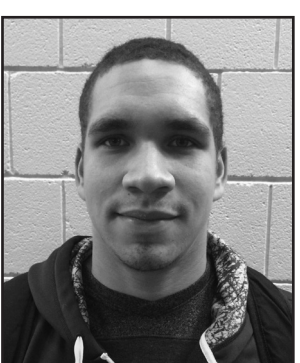
"If you look at it as human beings coming to Vermont instead of Syrian refugees, the answer to the question becomes a little more obvious, which is, yes, we should accept people into our borders."

Connor Boneville

"I'm open to the idea of refugees coming to Vermont because I believe that everyone should be given a chance, and I don't think that anyone should be labeled as their stereotype because everyone deserves a chance to prove who they are and I think everyone is just trying to live."

Kaelie Van Loan

"I think Syrian Refugees are no different than any other country's refugees that are here, so I think if Vermont just keeps a tight eye on them we should be fine."



Caedin Ostrow-Remy

"I believe it would be good for the U.S.'s image as a whole and for Vermont's image among the other states, and also to boost the population in Vermont."

Professor Candy Fox

"To tell you the truth, my thought process is, I have two extra bedrooms in my house, I wish I could say 'come on over.' I am not afraid that some of them are going to be terrorists. My heart goes out to them, and I wish I could help."

Katie Heggie stays united with France

UVM graduate continues to teach English in France despite terrorists attacks

By Abi Foster
Castleton Spartan

It was just like any other Friday night for UVM graduate Katie Heggie.

She and a couple friends headed downtown to the center of Nantes, France to enjoy a couple cold drinks and catch the football game at a local Irish pub called John McByrne.

As she finished getting ready and stepped outside of her apartment, Heggie recalled how safe and at home she felt in a country that welcomed her with open arms.

"I just remember walking outside, without a thought in the world that something this tragic could happen in a city that has shown me nothing but kindness."

Heggie's tone turned somber as she revisited the subject of the brutal attacks on Paris in mid-November.

"I was at a bar watching the football game when the attacks happened. The screen cut out and the news came on." She paused before continuing. "And right as that happened, the entire street went absolutely silent."

On Nov. 13, the streets of Paris were targeted by ISIS when six local venues in the city were attacked in unforgivable acts of terrorism.

As panic and chaos erupted throughout the bar, that sense of safeness and security Heggie had felt only an hour ago vanished – and was instead replaced with a sickness in her stomach that refused to disappear.

Katie Heggie

Separated by more than 3,000 miles of sea from her home in Vermont, Heggie described her decision to stay in Nantes, France and continue teaching English to middle schoolers as the right thing to do.

"I was afraid at first, but everyone I have encountered has said they must continue living and traveling; as well as having fun. It's been comforting in that sense," Heggie explained, "However, that being said, the streets of Paris have been very quiet, and on the metro, everyone was looking around and seemed on edge. There is tension surely, but people are going on with their lives – so why shouldn't I?"

What Heggie found remarkable was the immense display of pride that blossomed throughout France from such an outrageous set of crimes. The people of this historic city have turned this unthinkable event into an opportunity to unify as not only Paris, but with the rest of the world.

"The French never displayed their flag proudly like we do as Americans, and suddenly the flag was all over the place, which really is a topic of conversation because that rarely happened before apparently," Heggie announced.

She even mentioned how "La Marseillaise," the national anthem, has been randomly sung in crowds all over and many people have been participating in solidarity marches and peace protests.

Considered to be the worst act of violence since WWII in France, that Friday the 13th has been embedded into the minds of people all over the world. It is an act of terrorism that will never be forgotten, but the people of France have united as one to overcome such a tragedy.

"It is a day I will never forget," Heggie said.

Patry loves Castleton

Student Activities director had long road to get job he adores

By Jimmy Britt
Castleton Spartan

JIMMY BRITT / CASTLETON SPARTAN

Matt Patry, director of Student Activities at Castleton, chats with student Tony Sawyer in his office. Patry is a graduate of Castleton who, like many, came back to work here.

As you walk into Matt Patry's office, you notice pictures of his son, Noah, and wife, Lisa, on a filing cabinet and various signed pictures around the office. Or maybe your eyes are drawn to the "Doctor Who Tardis" cookie jar filled with Hershey Kisses on his desk.

What you may not know from his workspace, however, is how deep of a love this Castleton University director of Student Activities has for this school.

Patry attended Castleton after breaking his ankle playing football for Nichols College.

"It was the best thing that could have happened to me," Patry said.

While recovering from his injury, he reassessed his situation. He was the only history major at a primarily business college, so he took his father's advice and decided to apply to Castleton to continue his education.

Shortly after starting classes here, Patry got involved with the Student Government Association as a senator and worked with orientation. It was through these co-curricular activities that Patry found his passion.

At the end of his four years at Castleton, Patry ran into a dilemma. He didn't know what to do with his history major and American studies minor. He thought about being a teacher at college level or working for a museum, but he really seemed lost.

It wasn't until he talked with then Director of Student Activities Victoria Angis that Patry discovered what he wanted to do with is life.

"I wish that I could continue to do what I'm doing now," Patry said he told Angis.

Angis then looked at him and said, "Why don't you?"

Patry laughed it off and said he had to grow up and leave at some point. That's when Angis told him to look into student life because they needed people and Patry had a lot of experience. By doing this, she said he could apply for an internship and potentially go to grad school for free.

So he did.

He attended Plymouth State University for two years. They offered him full tuition, room and a stipend of $1,000 a year.

After graduating with his master's degree in education: guidance and counseling, Patry moved around the country as a director of student activities. When he moved back to Vermont permanently, he worked briefly at College of Saint Joseph's as dean of students.

"It got to the point that I couldn't do the job anymore. It was more than what I had signed up for. So I resigned my position and it was the first time I resigned without having another job in line," he said.

Luckily for him, a position for an academic counselor opened at Castleton. He thought, why not give it a try, and he would stay in that job for 10 years before getting back into student life.

"It was Victoria and all the experiences I had here as an undergrad that prepared me for this job. So many students don't understand how important the co-curricular experience it is. Yes your academic education is crucial, but you can only go so far with that," Patry said.

Patry said he has learned a lot from his experiences at all the different colleges and universities, but he said his parents really helped to shape the man he is today, especially his father.

His dad never really had a lot of money or savings and lived day to day and off the land. But he was a very down to Earth man who believed in the simple things in life. When he was a child, his father would take him fishing and loved to do other outdoor activities.

He always told him life will be difficult, but you can't stress over it. But nothing would prepare him for the hardest part of his life: losing both of his parents.

When Patry was living in Pennsylvania, his father was diagnosed with testicular cancer. After treatment and three months being cancer free, it came back and he was told he had only six months to live.

The week that his father died was the hardest, especially hearing his strained, raspy breathing while in hospice care.

"When he passed away it was not peaceful, it was very disturbing, because all of the fluids that were in him came out of his mouth when he died. It was pretty hard to see," he said.

Sadly, however, it was easier than his mother's passing.

Patry hadn't known his mother Jean was sick until the day before she died. She ate a doughnut that had a piece of metal in it, which cut her mouth. She developed an infection from it that her weak heart couldn't handle.

After dinner one night, Patry went back to campus and got a phone call from his brother-in-law saying that she had passed away. Matt never got to see his mother the last week before she passed away because of work.

"It was really hard going through that because there was no closure," said Patry

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Holiday home-away-from-home festivities

By Carly Trombley
Castleton Spartan

PHOTO CONTRIBUTED BY CARLY TROMBLEY

Study abroad students in Spain enjoy an American Thanksgiving dinner.

The fall and winter holidays are in full bloom here in southern Malaga, Spain, even though the weather is still like a tropical paradise compared to Vermont.

This just makes it even harder to believe that I only have 20 more days left before I'm home for Christmas. Everything has been so busy here. It's like school and my study abroad company, ISA, are packing in so much before we ship on out of here. Let me give you a little run down of what we did in the past two weeks.

It all starts with Thanksgiving, when we went to a restaurant for a traditional American thanksgiving dinner. It was amazing, because I've been stuck eating paella and omelets for the past two months. It was so great to have everyone in the group there for a big home-away-from-home, sit-down meal.

The day after was Black Friday, which they just started celebrating here in Spain, and instead of doing my usual wake up at 2 a.m. to shop 'til I drop, I went with my study abroad group to do the exact opposite.

We all went to the grocery store and picked up cans of dog food and brought them to a local shelter where we got a tour, and we got to play with the dogs. It felt so amazing to do something good. It made a lot of us feel less homesick. Then, just a week ago, was our ISA Christmas party. We decorated ornaments and a little Christmas tree and made cards.

The events and excursions that the company plans for us is an amazing way to drag my head out of the Spanish books and just bring me back down to earth with a little familiarity. This place is starting to finally feel like a home.

Once I established a routine and started having fun and keeping busy, the time started to fly by. Now that I know my way around the city and am now comfortable talking to people and asking questions in public, it feels like maybe I could belong. I finally see that what everyone says about studying abroad is right.

Everyone I talked to before I came here said that they had wished they stayed longer than a semester. Now I get that it takes just about a semester to really completely adjust to life here. Now it's all just second nature. It becomes your life before you even know it. It is definitely nice, though, to get back to my American roots with a big Thanksgiving dinner.

Great, now that I'm finally settled, we've only got 20 days left! Looks like I'm going to be busy for the next two-and-a-half weeks.

Ellis janitor rocking out and spreading smiles

COURTESY PHOTO

Malcolm Palumbo, currently the custodian in Ellis, plays a gig at Castleton back in the 1970s.

By Shane Hurley
Spartan Contributor

When living on campus, students often cross paths with the custodians who take care of their dorm buildings.

Their job consists of sweeping, mopping and vacuuming the dorms of Castleton University. But there is one in particular who is a household name here.

Notoriously known for always having a smile on his face and greeting students with a welcoming hello, Malcolm Palumbo is the custodian for Ellis Hall who's determined to keep Ellis looking sharp for years to come. But few know that this man of mystery lives a double life. When Palumbo drives off into the sunset on his Honda Shadow motorcycle after a hard day of work, he becomes Malcolm the legendary rock star of Castleton University.

After moving from Monmouth County, N.J. to Vermont in 1969, his passion in life was music.

"Jimmy Hendrix, The Beatles, The Stones, Cream… I listened to them all," he said I a recent interview. "I remember James Cotton performed in Glenbrook back in '73. I loved being in an environment where everyone was dancing to great music."

Palumbo was influenced greatly by the rock stars of his time and along with his twin brother formed the band called "The Midnight Flyers." Playing the lead harmonica in this classic rock and blues power band, Palumbo was turning his dream into a reality.

Even though he never attended Castleton, his band played all over the town.

"When fraternities were still around at Castleton, they would hire my band to play at their keg parties!" he said chuckling to himself.

In the '70s, The Midnight Flyers were a crowd favorite at Castleton, especially for their shows that took place in the basements of Haskell and Adams Hall.

"You could say I was living the dream," he said reflecting back.

After playing for over 40 years with the Flyers, Palumbo now plays with a nameless jam band that made an appearance in the first-floor common area of Ellis just last semester.

"The turnout was great last semester and Malcolm really knows how to play the harmonica well," said Ellis resident Cam McHale.

When asked about his favorite part of working at Castleton, he was quick to respond, "Meeting students of different cultures and backgrounds makes my job worthwhile."

Students say Palumbo spreads his positive attitude throughout the entire community of Castleton.

"When I'm having a rough early morning, Malcolm always puts a smile on my face and asks me how my day is going," said Ellis resident Joel Antoine.

Asked about how he wanted people to remember his legacy, he smiled.

"Now that I've played with my band at Ellis last semester, I plan making a second appearance! I want people to remember me for the awesome rock shows I gave to Castleton over the years," he said.

Vinyl is scratching its way back in

By Jimmy Britt
Castleton Spartan

As you put down the needle, you hear the familiar snap, crackle and pop. It fills the room with life. You take a trip to a different plane of existence. You have entered the world of vinyl.

Vinyl records have been around for over 100 years, but the most common style, the LP is only 67 years old. But the vinyl record had been in a dry spell – until a couple of years ago.

New life has been given to this classic and it's becoming popular again, especially amongst 20-somethings.

"The big draw for me is the music is alive. You can see it and control it. You can watch the needle bob up and down. It's a different style of music that people can't appreciate anymore," said Castleton senior Jason Irish.

Irish grew up playing with his mother's two-in-one cassette and turntable. He now collects Iron Maiden and things he has on CD so he can enjoy them more with vinyl. But it's also the sound of the record that makes him love it even more.

"It's coming back. One hundred twenty-eight-grain vinyl is expensive but it something that you want. It sounds so good," said Irish.

Irish's most unique album is a Nightwish picture disc of "Imaginaerum" that is also a demo tape with the new singer's first recording.

But some, like Graduate Assistant Program Advisor for Student Life Meghan Hakey,

get into collecting vinyl a different way.

"I've always been into more vintage things. I feel like I have an spirit that's older than our time period. One day I thought, I should really start a vinyl collection. It would the coolest thing to have," Hakey said with a big smile.

Last year her boyfriend bought her a six-in-one player and from there she continued to collect to feed it.

JIMMY BRITT/CASTLETON SPARTAN

Customers shop the sea of vinyl at Mountain Music Vinyl at the Diamond Run Mall in Rutland. Despite most music being digital these days, many still prefer the sound and feel of a vinyl record.

Hakey collects a lot thrift shop vinyls of '80s music, modern music and The Beatles. She also has a collection of 30 to 40 original Broadway Cast records.

But the most unique albums she has are an original Pink Floyd "Dark Side of the Moon" and a clear record of "The Fifty Shades of Grey" soundtrack.

"There's just something about the sound of a record player that's so awesome," she said.

Meshach Tourighy started his journey with vinyl when he was in high school. He would listen to his parents Bob Dylan and Crosby, Stills and Nash albums.

Back then, no was really selling so would he buy up what he could. With that collection, Tourighy opened Mountain Man Jewelry and Mountain Music Vinyl in 2013 in the Diamond Run Mall.

"Two thirds of my costumers are college age or under. But I also get 50-60-year-old guys who have been collecting forever and never gave it up. They're looking for stuff they lost along the way or stuff they never had," Tourighy said.

Because of his range of his customers Tourighy sells everything from classical, jazz and classic rock to all types of metal, punk, hip hop, rap and modern music. He also takes request. But his most popular records are The Grateful Dead, Pink Floyd and Led Zeppelin.

Tourighy would like to continue to sell vinyl saying there is still a strong growth in it and it hasn't peaked out yet.

"It might not be something that lasts forever, but it's already shown it's lasted for 60 years. I don't think it will ever die. It might not be as popular as it is. It's on a rise and I'd like to keep doing it forever," Tourighy said with a chuckle.

One of the perks, he said, is seeing Castleton students come in throughout the year. Junior Sadie Baker is one of the regulars.

Baker has always loved music and initially decided to adopt her mother's vinyl collection that only included John Denver and Barry Manilow. Since then, she has acquired music from the sixties, seventies and modern music.

She also loves The Grateful Dead and Fleetwood Mac. But her favorite record is something a little newer.

"My favorite record to listen to on vinyl is Amy Winehouse "Back to Black." Because that's the way it's meant to be listened to," she said.

Student Kaylee Robinson also has the vinyl bug and talked about the role she hopes her records play in the future.

"It's something that when I have kids, I really want them to experience vinyl. Something that isn't downloaded off the Internet that has perfect sound. I like the skip that you get. It's like having a CD that has a crack in it. It reminds you of childhood," said Robinson.

Her father got a four-way record player a few years ago, which helped ignite her spark for vinyl. But it was when Robinson's fiancé gave her a record player for Christmas two years ago, that she started to really collect.

She has everything from Bach to Aerosmith and likes that new artists like Adam Lambert and Taylor Swift, are being released on vinyl. But her favorite record is the "Frozen" soundtrack because deep down she's still a kid at heart.

"Not many people our age seem to know what vinyl is. It seems like a dying concept, but it's so unique," said Robinson.

Vinyl lovers say those records are like a life force they get to interact with. They love the pops, cracks and jumps of the record and they love to hold and feel them and love even the smell of them as they leave their sleeve for the first time. They also say the album art it was meant to be and not condensed for a CD cover.

There's nothing more satisfying, they say, than hearing the needle drop onto the record as they drift away into the music.

Soundings to bring controversial events

By Catherine Twing
Castleton Spartan

If you've ever thought of Soundings as a boring series of concerts and lectures, the spring semester's line-up of events will have you thinking again.

It includes a half-concert, half-lecture by a musician who talks about his creative experiences with marijuana, a talk by Planned Parenthood's vice president of public policy, an improvisational comedic Broadway show and a Bobby Kennedy impersonator.

Not so boring, right?

"My goal is to make Soundings modern and relevant," said Jessica Cowden, manager of Arts Reach, Soundings and arts communication. Cowden officially took the position in October and has high hopes for what students can get out of Soundings.

She said she wants students to go to events thinking, "I don't know if I'm going to hate it or love it, but I know something I didn't before."

This semester will include several controversial events covering very relevant topics.

The "Confessions of a Marijuana Eater" concert and talk with Bobby Gosh will come with a disclaimer stating the views presented do not reflect the views of Castleton University, but the value of having this interesting perspective presented far outweighs the negatives, she said.

"Some events this spring are controversial, but I think that's appropriate in a college setting," Cowden said. "The mission of Soundings is to fulfill the vision of a liberal arts education and expose students to a range of events and experiences they might not have access to."

Students were surprised to hear that this event will be presented at the University.

"I think it sounds weird," said freshman Jeremy Bauer.

But will he be attending?

"Duh!"

"I think it's cool that there's a variety of Soundings events next semester and that there's one on marijuana because people our age can relate to that more and it's more in the norm nowadays," said sophomore Shannon Fischer.

There are also many comedic events coming up including James O'Hagan-Murphy, who has a one-man show impersonating Bobby Kennedy. Murphy is an old friend of Jess and Rich Cowden from Denver.

"Broadway's Next Hit Musical" is another show sure to bring out some laughs. The show is like an improvisational comedy where the audience can add suggestions, but it's presented in the form of a musical.

Among some of the more traditional Soundings events is a performance by David Gaschen, an actor who played the Phantom in "The Phantom of the Opera" for many years on Broadway. Voice, a female a capella group from the UK, will also perform.

COURTESY PHOTO

Voice, a female a capella group, will be one of many Soundings events next semester.

Next semester's line-up will also include the theater department's production of "American Idiot," featuring music from the band Green Day.

Fischer thinks these events might make students more interested in the Soundings offerings.

"I think these ones will attract more college students and they will feel like they won't have to be forced to go because it will actually be interesting with a variety of events instead of the normal singing and instruments," she said.

Drew's Reviews: Bob Dylan's Bootleg Series

By Drew Hersom
Castleton Spartan

Bob Dylan has released thirty-six studio albums during his incredibly prolific and enduring career, so it stands to reason that there has to be quite a catalog of unreleased outtakes, alternate takes and demos from these sessions. Still, I'm impressed that the twelfth volume of his Bootleg Series requires a "best of" edition to whittle the material down to a more manageable two discs. The uncut edition is comprised of every single take of the recording sessions that produced his legendary projects Another Side of Bob Dylan, Highway 61 Revisited and Blonde on Blonde. This is two years in the studio with Dylan and it arguably gives one of the most accurate depictions of Dylan at a certain period in his life. Props should be handed out to whoever the studio heads are who documented his career so thoroughly.

These sessions are incredibly relaxed and informal. It's refreshing to hear Bob Dylan not caught up in his artistry. This collection actually serves to highlight Dylan's understated musicality. It's disarming to hear Dylan tracks like "Visions of Johanna" and "It Takes a Lot to Laugh, It Takes a Train to Cry" in a completely different time signature or with vastly different instrumentation.

On the other hand, folk purists will be excited to see quite a few acoustic takes and piano demos of popular tunes like "Love minus Zero." Iconic Dylan songs like "Mr. Tambourine Man" and "Like a Rolling Stone" appear in highly altered or incomplete versions, but with high take counts that expose his humanity to his devout fan base. Some serious work and experimentation went into achieving the takes that made it onto his critically acclaimed albums back in the '60s.

This collection's runtime might turn off all but the most devout Dylan fans, but for the patient listener, The Best of the Cutting Edge 1965-1966 is as close as we'll get to sitting in the studio with the man. The first take of "Bob Dylan's 115th Dream" devolves into fits of laughter that halt the music in its tracks after only seven seconds. It's moments like these that remind us of the performance required in studio sessions. Some of these takes are sloppy and some of the instrumentation choices just don't work, but that's the point. He's just being creative, flipping his songs into unrecognizable forms and further cementing his status as one of the greatest musicians to ever do it. He also sounds happy doing it, and that's nothing if not a new face for the material from this time. While the takes that were included on the studio albums can't really be touched, this is a very entertaining listen for fans of Bob Dylan, rock, folk or music in general.

ISIS ruining Muslim image

Contined From Page 1

"If you kill one, you're killing the Islamic nation, if you save one, you're saving the Islamic nation … they are just ruining the whole thing. I feel bad," he said.

Senior Turner Ede believes that most people at Castleton don't judge Muslim students, but he thinks there are exceptions too.

"I don't judge people around here because everybody knows each other … It's the people you don't recognize around town that people find suspicious though," Ede said.

Bilal knows that some people judge him, but he's ok with that.

"Everybody has their own opinion," he said. "A lot of people already know who I am, so it doesn't bother me."

Senior Nicole Folino said she doesn't judge people and talked about being fortunate to become close with Muslim students.

"I had the opportunity to work closely with one student through Student Support Network. Working side by side was a great experience and I got to know her on a personal level," Folino said.

Global Studies major Eric Ginter follows the news closely and said he believes Americans can take a more useful approach to dealing with ISIS.

"Although ISIS is committing radical acts of terror and is getting the attention they are likely seeking, I think we as Americans are taking the wrong approach at solving the problem," Ginter said.

"I think we could do a better job of understanding their point of view, which in turn might offer us an effective way to disempower them. By refusing to address what it is that ISIS wants, we are prolonging an issue that has brought with it, unnecessary consequences. I am not suggesting that we give in to the "Islamic group," I simply suggest that we look at both sides of the coin," he said.

Osman simply hopes for understanding and stresses that people need to realize not are Muslims are radicals or terrorists

"Every religion you have the good and the bad people. People only see the negatives of Muslims and not the positives," Osman said.

Columbian professor misses native food

Continued From Page 3

Q. What's your favorite thing about Columbia?

A. "I love about Columbia the diversity. I love the culture, it's just very rich and amazing. I was raised in two very different cities so I have a little bit of different cultures and I think that's just awesome."

Q. What foods do you miss the most?

A. "Everything - everything! It's been very hard for me to find food here that I feel absolutely comfortable eating. There is something that I really really miss which is called arepas and that's what we have for breakfast. If you look at it, it looks something like a tortilla."

Q. Is traveling and teaching something you see yourself continuing for a while?

A. "I do want to continue doing that, that is actually my dream. Travel around the world, learn new languages and from new cultures and teach what I have learned. I hope I will be able to do that. Right now I can't think of anything else I want to do rather than getting my masters degree."

Q. How many languages do you know?

A. "Four. Spanish, English, French and Italian. I studied them in university. I have a B.A. in modern language.

DeMond is pursuing social work degree

COURTESY OF STEPHANIE DEMOND

Pattie DeMond and her daughter, Stephanie DeMond.

Continued From Page 1

"I was actually adopted in the room he was staying in. Me, my social worker and close family, well soon-to-be family, gathered in his room and signed the papers that morning. That night we got the call that he passed away," DeMond explained. "It's like he was waiting until I was his."

A year or two after Byron passed away, Stephanie entered the eighth grade and began to date a kid by the name of Nick Newcity. Although most may laugh at the thought of young love, these two shared a special bond. He made everything she went through a thing of the past. He healed wounds left by a dark childhood and helped her grow into the person she is today.

"We dated for three years and he accepted me for my broken self," Steph said as she laughed at her crazy chain of events. "But seriously, he made me forget about all the things in my past, but then, he died my junior year of high school."

It was a typical day in August, and Steph had just taken a shower. She came downstairs to find Patti standing there, telling her that they had to go because something had happened to Nick. He stopped breathing and had to be rushed to the hospital. They quickly got in the car and rushed to the hospital. The whole ride there, Steph was in shock, thinking to herself that this can't really be happening, not on top of everything else that she has already been through. After going foster home to foster home, having an absent mother, a father who was never there, and then losing the closest thing she ever had to a dad; she couldn't be losing Nick too.

"I went up to him and touched his arm, and he was freezing. He had tubes down his throat and his face was swollen. It didn't even look like him. Nina, Nick's mom, was standing there running her fingers through his hair, begging him to stay strong. I was just standing there in shock balling my eyes out," Stephanie said.

Since the passing of Nick, Stephanie has formed a strong friendship with his mother, Nina Newcity. Although they were close before Nick passed away, Nina felt as though it was her job to protect Stephanie in Nick's place.

"I wanted to take her pain away. I believe we both knew how much he wanted us to be happy," Nina explained. "We still share a deep loss, and instead of growing apart we grew closer. She's the daughter I never had. She has a place in my life that no one could ever understand."

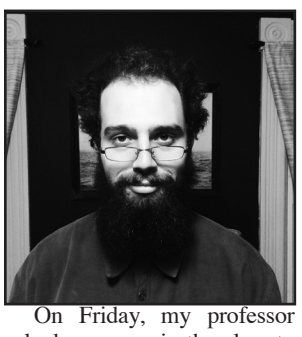
In her last year at Castleton, finishing up her social work major, Demond is deep into her internship, working with the same foster care system she went through as a kid. After all of her experiences with life, she has made it her goal to help others.

"It's crazy to see people deal with some of the same struggles I once had to go through," she said. "It feels good to make positive change in peoples' lives, especially ones I can relate to."

COURTESY OF STEPHANIE DEMOND

Stephanie DeMond with her late boyfriend, Nick Newcity.

Fresh Perspective



On Friday, my professor asked everyone in the class to wear a red shirt the following Monday. We were learning colors. But my parents took me to the playground on Saturday and the petting zoo on Sunday, so when Monday came around I had completely forgotten my professor's instruction—I wore a blue shirt. But, hey, red shirt or not, I still showed up to class, so I was still entitled to a decent grade.

She gave me a B+.

The next day we made macaroni art. The professor told us we had to be sure to let the glue dry for thirty minutes or the macaroni wouldn't stick. But what does she know? Is she a glue expert? I crafted a wonderful macaroni stick-figure on my construction paper, let it dry for a couple of minutes, then hung it on the wall.

Within an hour every piece of pasta had fallen from the paper and cemented firmly to the carpet below.

"Did you wait thirty minutes?" my professor asked.

"No. But I tried my best. I still deserve a proper grade."

She gave me a B+.

For our final exam, we were tested on the whole alphabet as well as numbers up to ten. Too easy, I thought. I've known the alphabet for nearly six months now! She gave us a study-guide to fill out over the weekend, but I never looked at it. I would have—but my buddies came over to play in the sandbox, and we played with way too much sand.

I felt lousy on Monday morning, but I went to the exam anyway, expecting it to be easy.

First question: "What number follows ten?"

Are you kidding me?

"Excuse me, professor, but we were told we'd only be tested on numbers one through ten," I asserted.

"I added more numbers to the study-guide, didn't you see them?" she replied, much more calmly than I.

I looked at her with disgust, then back at my exam. Half of the questions were on numbers I'd never learned. Twelve. Thirteen. Fourteen. I scribbled beneath the questions, and left odd markings that were neither numbers nor letters, all the while abhorring the professor. How dare she put me in this position? I'm paying plenty of money to be here, and she's setting me up for failure!

After the exam I confronted her. "I haven't missed a class all year," I protested. "Sure, occasionally my nap-time runs a bit long, and I pick my nose too much, but I deserve at least a B in the course."

Fortunately, she realized how irrationally she'd been acting. She looked at the mess of incorrect answers on my exam, and gave me half-credit for each.

My final grade, rightfully deserved: B+.

-William Jacob

Students: Patry works well with us

Continued From Page 4

Losing his parents was difficult, but soon Patry would be facing a health battle of his own. He was diagnosed with an arteriovenous malformation the size of a small orange, found after a doctor's visit for hitting his head.

He tells how six years ago in the winter he kept having a weird cough. He ignored the cough for weeks thinking it might be asthma or allergies. Occasionally he felt a vibration in his chest.

His condition wasn't discovered, however, until after a town meeting in his town of Tinmouth, while putting way ballet boxes, he hit his head on a low beam in the attic.

The next morning he couldn't move his neck and went to the doctors. There he mentioned the cough he was having.

He was sent for an x-ray and soon got a phone call from the doctor's with news that he had an unidentifiable mass in his chest. Of course, he thought it was cancer.

But after running a camera up through him, doctors discovered he had seven-centimeter single-chambered heart that was trying to pump to his real heart. It's a rare occurrence where a person develops an extra organ in their body from a twin they absorbed in the womb.

Two weeks later, Patry was in the operating room having it removed. It was the largest that had even been removed and medical journals and dissertations have been done on this surgery.

Doctors told him he was a walking time bomb and any impact in the chest could have killed him.

But despite his hardships, Patry still has a positive attitude about life and he went on to talk about the best experience of his life; having his son, Noah.

"You're whole world changes when you have kid. My son is my world. I love him. I'm very lucky," said a beaming Patry.

Noah loves to travel and because Matt wasn't able to travel as a child, he makes sure that he can take Noah to trips all around the world.

After his mother died, she left some money for Matt and his wife, so they decided to take a family vacation believing that's what she would have wanted. They let Noah pick the vacation and he decided on a Disney cruise, and they had a blast.

Patry has also taken Noah to Ireland and always incorporates education into the trips.

Besides traveling, he and his son spend time together when they can.

"Sometimes we just hang out at work during the summer or see shows on campus," said Noah.

One of his favorite memories together came after seeing a Red Sox game in Boston. The two came across a dumpster with brick from the old park and took one instead of buying one at the souvenir stand, he said.

As director of Student Activities these days, Patry watches over Student Orientation Staff students, guides the Student Government Association and helps students with their clubs on campus. He said he observes them more than anything else.

Junior Tyler Anderson, an SOS leader and treasurer of SGA, called Patry a very hard worker saying he'd often stay until midnight or later to help out during registration.

"Sometimes he's very opinionated, but he does it for the right reasons. He's very passionate about what he wants to see us do and wants us to become successful student leaders. He's harder on some of us than others because he sees a lot of potential," Anderson said.

SGA President, Mariah O'Hara talked about how Patry works well with all the students he advises and wants them to be their best.

"Matt is very levelheaded. I have seen him get kind of annoyed with a situation. But no matter what, he stays levelheaded. But if he knows you and knows the level of what you can take, he will push you to that boundary," O'Hara said.

The life of a student firefighter

By Alexandra Binney
Spartan Contributor

She always has her pager on hand, even in classes, just in case she gets a call. It's her lifeline.

Suddenly, it went off. She waited a moment to see what the call was for.

"It's just a practice call," she said with a laugh.

As a third generation firefighter, firefighting has always been a part of Rebecca Sardaro's life. She officially became a part of the firefighting world five years ago, when she was just 14, at her local fire department in Milan, N.Y.

And firefighting is such a key part of her life, she immediately joined the Castleton Fire Department after enrolling at Castleton University.

Now she's one of the crew here too.

"Before the actual meeting, we kind of stand there and bullshit around; it's a nice community builder," said Sardaro.

Heather Ducharme, who has been a part of the Castleton department for two years now, describes Sardaro lovingly saying "She's a pain in the butt."

"We're kind of like a big family here," said Ducharme, as she became distracted by the crazy commotion of some of the men firefighters in a hilarious little brawl nearby.

And how is Sardaro in the field?

"She is definitely one to jump in and help," says Ducharme. "When she's here, she's focused on whatever is on hand."

The most memorable call for Sardaro was a terrible car accident that took one of her classmates in high school.

"I knew him really well. I actually keep his card from his wake on my desk," Sardaro said sadly, pointing at the card. She credits him with pushing her to become valedictorian, simply because he didn't like her rival. "Thinking of him reminds me to keep pushing because he's not here to do it."

How does she handle all the negativity that comes with the job?

"I try to make it as positive as possible," said Sardaro. "Nothing is ever going to be easy. You have to take the good with the bad and make it as good as possible."

But why does she do it?

"I love it. It's an adrenaline high," she said of her firefighting life. "Just being able to help someone else is why I do it."

Sardaro has an axe with the word "courage" tattooed on her forearm. It fits her perfectly, as if it was meant to be a part of her.

"It means a lot to me because it's my first tattoo," said Sardaro. "It means fighting through, to keep going even though it's tough."

Firefighting has had an enormous impact on Sardaro's life and who she is as a person. Shelby Tourangeau, a good friend of Sardaro's, agrees.

"I think being on the fire department has helped shape who she is and has made her the strong-willed person she is today," said Tourangeau.

Sardaro's support system largely consists of friends and family, although it can be difficult because family is a long way away.

"My dad is my go-to," said Sardaro. "My family helps keep me grounded. I miss them a lot. It's also hard being away from my boys at the fire department back home, but they make up for it by ragging on me when I'm home."

There's a special bond within the fire department, she said. There has to be faith in each and every member.

"You have to trust every member with your life," Sardaro said with a stern look.

Sardaro sits there, clearly missing her biological family, as well as her firefighting family, back home. She said her "family is easily the most important thing in my life."

Sardaro recently got a second tattoo, for her dad, that says 'Because sometimes you win.'

"It's ironic because he actually isn't fond of my tattoos," Sardaro said with another hearty laugh.

In an e-mail interview, Al Sardaro, her father, almost immediately commented on her tattoos. "I don't care for her tattoos, even though the second one was for me, which is kinda weird," he said. "I may not always agree with the things she does, but I will always love her."

And he loves that she loves the firefighting world. He talked about the father-daughter bond that has only been made stronger through their mutual love to help people.

"I think firefighting has made Becca and I a lot closer," he said. "It has given us common ground and experiences."

But that father-daughter closeness can be hard for mom, they said.

"My mom gave me a hard time when I came to school because I had tons of photos with my dad, my dog, with friends and even my brother. I even had a framed photo of a fire truck," said Sardaro. "But I only had a little picture of her."

Between firefighting, friends, family and school, there's a lot going on. So what are her favorite memories?

"I would say a lot of my happiest times were with my family, laughing at a bonfire, and making s'mores or at fire department picnics with all the boys," she said fondly, smiling.

On the surface, she seems to have it all. She graduated from high school as valedictorian, she's an honors student, a biology major on her way to becoming a doctor, a certified EMT, a volunteer firefighter and has a loving family. She also recently received a job as an ER scribe.

But life isn't always rosy. Despite these respectable accomplishments, Sardaro finds that she often deals with depression and anxiety. As a result, she tends to eat less than she should, sometimes only once a day.

"My family and friends bitch about it," said Sardaro as she ironically began to eat some trail mix.

How does she handle it all the work and stress?

"I do homework and try not to cry," she joked, before becoming a tad more serious. "I simply try to balance everything."

COURTESY PHOTO

Castleton student Rebecca Sardaro poses in her firefighting gear with brother.

Sometimes all she needs is someone to talk to be able to get everything in perspective.

"My favorite memories with her are our bitch sessions," says Tourangeau. "They really help when we're stressed or just need to talk and they're usually amusing too."

Sardaro also finds that simply being around her firefighting family when things become almost too much to bear is beneficial as well.

"Being around the guys reminds me I'm not a robot," Sardaro said.

"My life seems to be falling apart due to stress, but I'm strangely happy," said Sardaro, chuckling, seemingly resigned to the fact that she doesn't understand it either. "I simply try to look for the best in every situation."

Spartans tally big conference win against NEC

By Casey McGraw
Castleton Spartan

HENNIKER, N.H.- The Castleton women's basketball team jumped to 5-0 on the season and tipped off conference play by defeating New England College 68-57 in a rematch of last year's North Atlantic Conference championship last Wednesday.

A 15-point fourth quarter by senior Jade Desroches helped seal the victory as did clutch free throw shooting by the Spartans, who shot 26-30 from the stripe in the game.

"I'd say our defense was the key. We kept a lead most of the game, so by consistently getting stops then scores on the other end of the court made it so we could stay on top at the end when it mattered," Descroches said.

Senior Bryanna DuPont paced the Spartans with 16 points and six rebounds while junior Lindsay Sabo provided a deep threat as she connected on four three-pointers, tallying 14 points in total.

Castleton jumped ahead 12-6 midway through the first quarter as DuPont scored six straight, forcing New England to burn a timeout.

"As a team we talked about the importance of coming out strong to get NEC back on their heels. They have always proved to be an aggressive team that feeds off energy and momentum so we knew we had to set the pace from tip off," DuPont said. "I think that definitely played into my mindset going into the game and I'm just glad I was able to provide a spark for our team in the first quarter."

The Pilgrims would make a run of their own led by junior Utshana Durham. Her eight point spurt tied the score at 24 with 2:19 left in the first half, testing the Spartans' toughness.

"I was just thinking that we needed to pick our defense up in order to get the momentum back," DuPont said.

Castleton responded, scoring nine unanswered to send them to the locker room with a 33-24 lead.

The Spartans stayed strong in the third, adding one point to their lead as they headed into the fourth quarter with a ten point advantage.

New England came out aggressive once again by opening the final frame with a 5-0 run to cut the deficit to just five points before Desroches took over by hitting 11-12 free throws to secure the victory.

"I felt like I had to step up a little going into the fourth, I had been pretty quiet all game and I just wanted to make sure we came out with the W," Desroches said.

WILLIAM CHIMIELEWSKI / CASTLETON SPARTAN

Lindsey Sabo dribbles off a pick in last week's game against Thomas. The Spartans opened their conference schedule with a 68-57 win at NEC.

Where's the snow?

Men's and women's alpine ski teams eagerly await the start of highly anticipated 2015-2016 season.

By Taylor Keramis
Spartan Contibutor

The Castleton women's and men's alpine ski teams are in desperate need of people to sleep with a spoon under their pillow and turn their PJ's inside out. Lack of snow is currently keeping the team off the mountain, and eagerly awaiting that fresh powder all skiers crave.

Veteran coach of 13 years, Chris Eder has set the goals high for these two nationally ranked teams. Holding the team's competitive edge that they've maintained over the past few seasons is the biggest goal according to Eder

Both teams successfully made it to the USCSA championship, with the men's team taking the podium two years running.

"In the past we wanted to just make it there, and now we want to go there and make an impact," Eder said confidently.

Life long skiers and captains of the Women's team, Lisa Davis, and Simona Croccolo share the same goal for the season. To earn a top three position in every regular season race.

"I think we have a really strong team this year, I'm so excited!" Davis said.

Brown University, Babson College, and Clarkson University pose the most threat to the girls, and may get in the way of the women having the successful season they anticipate.

Captain of the men's team and well-seasoned alpine skier, Matt Couture said his personal goals for the season are to win the division and skier of the year, after claiming both those titles last season.

As for the men's team as a whole, Couture wants to see his boys step back up on the podium at nationals, much like they've done in the past.

With help from senior racers Tyler Smith and Gordon Mason, stepping onto the podium yet again shouldn't be difficult. Both Smith and Mason are very valuable members of the men's team and are also USCSA national champions.

Much like the women, Babson, and Clarkson, along with UConn, and UMass are the men's strong competition.

Unlike Castleton, other Division I schools in the conference are allowed to grant athletic scholarships to their athletes, making it difficult to draw in top racers. However, it doesn't seem to pose a problem for both teams.

"I am very passionate about skiing, I've been racing since I was 6, at this point it's more part of my life than anything else," Couture said.

Unlike most coaches, Eder enjoys the competition those other teams bring to the slopes.

"That's the good thing about our conference, it would be super boring if we were going in and winning every race," Eder expressed.

In USCSA standards, Castleton competes in the toughest division in the country.

Dale Solotruck, now into his 8th year at Castleton, works alongside Eder with the team. The two work very well together, balancing each other out by bringing different coaching aspects to the team.

"When it comes down to coaching, Dale deserves a lot of credit," explained Eder.

Formerly the assistant coach, Solotruck now goes by co-coach. Eder strongly felt Solotruck went above and beyond the standards of an assistant coach, along with the fact that they are equals.

"I couldn't ask for a better co-coach," gleamed Eder.

With so much talent on the team, difficult decisions have to be made.

"It's tough because with our sport, we can only race 10 men and 10 women unfortunately. We have way more than 10 men and 10 women on the team, I'm constantly thinking of a way to get everyone involved," Eder said.

COURTESY OF CASTLETON ATHLETICS

Patrick Burke races down the mountain in a giant slalom event last season. Both Teams competed in natonals last season and are expected to return to the national stage this season.

No. 10 in the nation for women's hockey

COURTESY OF CASTLETON ATHLETICS

The Spartans are 8-1-1 on the season losing only to undefeated and No.1 ranked Plattsburg State.

Castleton welcomes back Nordic skiing

By Kathleen Webber
Spartan Contributor

After over 20 years Nordic Skiing is back at Castleton University. Castleton previously had a Nordic Ski team in the seventies to the early ninties before it was dropped at the varsity level because of the high cost of purchasing and maintaining equipment.

Marty Maher was hired to lead the Spartan skiers in their return.

"I worked at Mt. Top and Mountain Meadows Nordic Centers in the late '70s and '80s and I can remember putting on races for Castleton," Maher said.

Castleton Nordic Skiing was successful in the late '80s under former U.S. Men's Olympic Team Coach, Mike Gallaher and Tom Heffernan.

The hiring of Maher tries to resurge Nordic skiing at Castleton under his 20 years of experience with the sport at the high school level. Since 2012 he has served as the head Nordic coach at Rutland High School, working with both the boys and girls programs. Prior to Rutland, Maher served as a physical education teacher and coach at Burr & Burton. He took over a nearly dormant program and just six years later his girls team won their first state championship. By the time he retired in 2012 he had over 20 Nordic skiers on his team and in 2014 he was inducted to the Burr & Burton Athletic Hall of Fame for his work as a coach.

With the addition of Nordic at Castleton, interest in the school will increase.

"There are a lot of high schools in New England and New York that offer Nordic skiing but after that the opportunities to continue are limited so for Castleton to bring back the sport it is a positive move for the University" said Maher.

Castleton Athletic Director, Deanna Tyson, agreed.

"Having this new sport it may attract more students to attend Castleton, especially those who live out of state or can't get into Middlebury College where that is the only other college who has a Nordic Skiing team in Vermont."

Before a sport can be confirmed, it has to go through President Wolk. Logistics of adding Nordic and whether the sport is a good fit for Castleton are factors in Wolk's decision. Tyson will also have a say in whether the sport seems like a good fit.

After Maher was hired as head coach, he spent a lot of time spreading the word that Castleton was bringing back Nordic Skiing mentioning that everybody was very excited.

"The Athletic Department and other coaches have all been very helpful, it's a very positive community here," said Maher.

Right now there are 10 skiers signed up, five men and five women. Four of the five men have skied in high school, two of the five women have raced in high school and two of the other women were in the Nordic Ski club last year, which will still continue this year. The skiers collaborated this fall to come up with a uniform to wear

Since there is no snow yet, you may see some of the students out on the roads doing some roller skiing.

The Nordic Ski team is hoping for some colder weather soon as they start their season on Dec. 13 in Lake Placid. Their conference schedule begins Jan. 16-17 at Paul Smith's College in Saranac Lake NY.

Tyson is very excited to have Nordic Skiing back at Castleton, as she is a skier herself. She is very excited to see how their first event goes as she has only ever seen Nordic Skiing as a recreational sport.

"My favorite part of being an Athletic Director is I love watching all the athletes compete, because I am such a competitive person. I also enjoy seeing what they do after college and how well they succeed," said Tyson.

The Nordic Ski team is still looking for skiers.

"If there are any former skiers out there that would like to come out of 'retirement' and join us they are more than welcome," Maher said. His Contact information is, Marty Maher, Marty.Maher@castleton.edu.

Spartan men fall to 3-4

WILL CHMIELEWSKI/CASTLETON SPARTAN

Guard Kyle Adams looks to pass to a teammate against Thomas College. The Spartans lost the game 83-72.

Castleton athletes convert back to regular students

By Casey McGraw
Castleton Spartan

Every athlete has been there at some point. Counting down 3… 2... 1… as they pretend to heave up the game winning shot or touchdown pass. What most athletes don't consider is what happens when that final buzzer goes off and there are no more games to be played. The sport you have been eating, sleeping and breathing your whole life is no longer there.

For senior fall athletes, this day they thought would never come has become a reality and they are no longer varsity athletes at Castleton University.

"I've always been in a routine with sports and school. There were always two things to focus on and now it feels like I'm missing something," said senior Ariel Mroz-Brewer, a former captain of the field hockey team.

"I think the hardest part is not having anything to do anymore. I don't have practice every day or lift or conditioning. This also means I don't get to see my teammates every day which is really hard as well," admitted Mallory Costello, a former two-time NAC player of the year as a member of the women's soccer team.

Deanna Tyson, the athletic director at Castleton, gives advice to former student athletes who are looking to keep busy.

"Get involved in intramurals, set a schedule for working out in the gym," Tyson said. "Fortunately, we have things like spin classes and yoga so get involved in something instead of just sitting around not doing anything."

Costello says she is currently on the women's club basketball team and is, along with other former players, considering playing indoor soccer. As for after college, she says coaching is always an option to get her competitive fix that so many athletes have become accustomed to.

Tyson chimed in on how it can be difficult for her to see Spartans' careers come to an end.

"I don't know why but it seems like the fall is the worst. I think it's because in the spring we're done and everybody goes on their way but with fall students it's like they're finished but they still have the rest of the year."

"Enjoy every minute of it. I mean enjoy every game and every practice because once you're done, you're done and you can't get that back," Tyson voiced to seniors who still have time left.

Costello offered similar advice.

"Cherish every moment you have and play like it's your last game every game because you never know when it is going to be over," said Costello. "Just have fun and don't stress too much over the little things. This is the time to enjoy playing."

Sports through pictures

WILLIAM CHMIELEWSKI / CASTLETON SPARTAN

COURTESY OF CASTLETON ATHLETICS

Jimmy Burns (Top) carries the puck across the blue line in a game against Brockport earlier this season. The Spartans are 1-8-1 overall on the season. Castleton men's and women's track in field participated in their first NCAA sponsored events last week at the Smith College Winter Classic. Brielle DeBaise (Left) competed in weight throw and shot put while Austin Beauregard competed in the 60-meter hurdles.

Copeland continues to impress

By Taylor Keramis
Spartan Contributor

There's no chance that the Castleton men's basketball team would have been ranked second in the nation with 97.5 points per game last year without the support of Chad Copeland, who led the team in scoring. The NAC player of the year held the team record in scoring last year with 17 points per game, along with 8.5 rebounds per game while also averaging 1.4 blocked shots per game.

By utilizing his unique size and skill Copeland brings a lot to court.

"He has a very dominant presence," said head men's basketball coach, Paul Culpo. "He's got great size, good height, and skilled in the low post, the only thing that can stop him is himself."

The Spartans successfully made it to the NAC semifinals last year, yet wistfully fell in double overtime against to the current conference champion Colby Sawyer.

"We have the same goal every year, to win the NAC," Culpo explains

COURTESY OF CASTELTON ATHLETICS

Chad Copeland continues his impressive career helping the Spartans inside game and dominating the low post.

Senior forward Casey McGraw, a good friend of Copeland, said he's "One of the most talented players I've ever played with." He said the he not only supports his team on the court, but also brings a sense of comic relief to benefit the team.

"When things get tense all he has to do it say something and he'll make the whole team laugh," McGraw said with a smile on his face.

With such a dominating force down low it frees up shooters Rob Coloutti and Pavin Parrish.

"This is a group effort, which is going to make it or break it this year," said a proud Culpo.

The 6'6" athlete has showed constant improvement both physically and mentally since his freshman year according to Culpo.

"He's physically much bigger, put on a lot more muscle mass," Culpo stated.

Being one of the most consistent players on the team Copeland's low post game is virtually unstoppable. Teams often double-team Copeland in order to keep him in check.

"I've been guarding him in practice every day for four years, and sometimes when I know what he's doing it still doesn't matter," McGraw said.

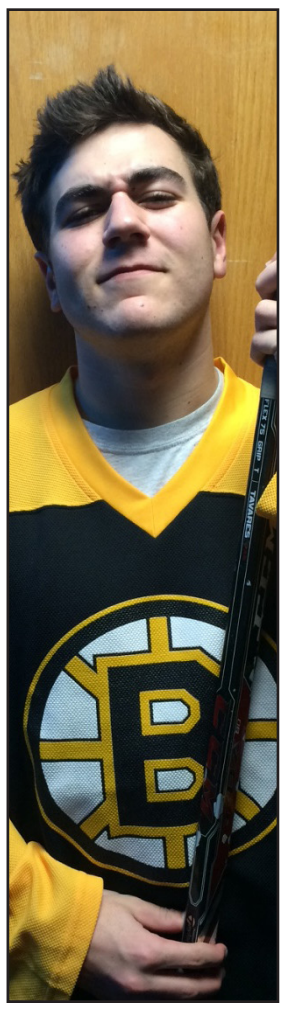
Pre-game rituals are important to any athlete and Copeland is no exception. This is why he suits up in his game shorts hours before the game, listening to music to get into his competitive mindset.

Colby Sawyer College, and Husson University look to be Castleton's biggest competitors on the court this season but the Spartans are confident with the combination of Culpo's veteran coaching skills and raw talent of McGraw, Parrish, and Coloutti.

Considering basketball has always been a part of Copeland's life, he plans to continue his basketball career after college hoping of getting a professional contract to play in Europe.

"I play basketball because it's something I've always been surrounded with. It is an outlet for me and my greatest passion," Copeland said.

Sports Talk with Jordan Lumsden



As so many families sit down at the dinner table to enjoy turkey and stuffing on Thanksgiving Thursday, others are huddled around TV's watching Aaron Rodgers gun it down the field or Megatron make a leaping catch in the end zone.

In my family sports are the one thing everybody has in common. No matter what the holiday you will always find us watching a game.

You will always find my family eating at 12:30. Recently I've heard of families eating based on the football games on thanksgiving and the basketball games on Christmas day, which I find funny and also brilliant. Not that its rocket surgery to eat your meal between games but the idea that people strategically plan around sporting event is comical. I feel more and more sports can dictate our daily lives especially on holidays. Not only as fans, but the players as well.

The league schedules these games on holidays because… why not?

They know that the majority of Americans are like my family, sports crazed fanatics that cant get enough of the action. But while we stuff our faces, screaming and cheering at the screen, these athletes are sacrificing their holidays to entertain us.

Now don't get me wrong. If they're getting paid millions of dollars they can afford to work a holiday or two.

The sad thing in my opinion is the extremes sports and holidays have come to in a business sense.

The NBA releases special jerseys for their Christmas day games. These jerseys are only worn one time but will get sold to thousands of fans. The NBA and NFL know that holidays are opportunities to introduce the next "new thing" someone has to have.

Although there are obvious marketing advantages to having more people watch on these specific days but sports also bring families like mine together.

Watching the game after eating a meal together is relaxing and fun. We're able to laugh, talk and always give each other a hard time about their favorite team. Sports is the common denominator that mine and so many other families have that make their holidays that much better.